

# Lentil Soup

Amy Brown Hercules

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## *Ingredients*

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1 onion, chopped  
1/4 cup olive oil  
4 carrots diced  
2 stalks celery chopped  
4 cloves garlic minced  
2 teaspoon dried oregano  
1 bay leaf  
2 teaspoons Italian seasoning  
1 (14.5 ounce) petite diced tomatoes  
2 cups dry lentils  
8 cups rich chicken stock (I like to add chicken granules)  
1/2 cup spinach, rinsed and thinly sliced  
1 tablespoons balsamic vinegar  
Salt to taste  
ground black pepper to taste



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## *Method*

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1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender.
2. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
3. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour.
4. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

