



ThompsonsBeans.com

Lentil Soup

450 g (2 cups) of Thompsons Green Lentils
50 mL (1/4 cup) olive oil
1 onion, chopped
2 carrots, chopped
2 stalks celery, chopped
2 cloves of garlic, minced
5 mL (1 tsp.) dried oregano
1 bay leaf
5 mL (1 tsp.) dried basil
1 540 mL (19 oz.) can crushed tomatoes
2 L (8 cups) water
125 mL (1/2 cup) spinach, rinsed and sliced
25 mL (2 tbsp.) vinegar
Salt & ground black pepper to taste

Directions

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

General cooking directions for lentils: Add lentils to any of your favourite recipes. Add 1.5 L (6 cups) of hot water to sorted and rinsed lentils. Simmer 30-40 minutes or until tender. Salt and flavour to taste.

Dry beans are harvested in their natural state and are processed with care. However, please sort, examine and rinse beans prior to cooking.

Les haricots sont récoltés à l'état naturel et sont traités avec soin. Toutefois, s'il vous plaît trier, examiner et rincer les haricots avant la cuisson.