



# Golden Vegetable with Green Lentils Soup

Serves 6

## INGREDIENTS

- 1 Tbsp. olive oil
- 1 garlic, finely chopped
- 1 lb. young green cabbage, cored, quartered & thinly sliced
- 1/2 tsp. dried thyme
- 6 1/4 cups vegetable stock
- 2 cups water
- 1 onion, finely chopped
- 1 carrot, halved & thinly sliced
- 14 oz. can diced tomatoes, in juice
- 2 bay leaves
- 7 oz. lentils
- salt & pepper
- cilantro or parsley to garnish

## DIRECTIONS

1. In large stock pot, heat oil over medium heat, add onion, garlic and carrot. Cook 3 - 4 minutes, stirring frequently, until onions starts to soften.
2. Add cabbage and cook for an additional 2 minutes.
3. Add tomatoes, thyme, 1 bay leaf, and vegetable stock. Bring to a boil, reduce heat to low and simmer gently, partially covered, for about 45 minutes, until vegetables are tender.
4. Meanwhile, put the lentils in another saucepan with remaining bay leaf and water. Bring just to boil, reduce heat and simmer for about 25 minutes until tender. Drain off any remaining water & set aside.
5. When the vegetable soup is cooked, allow to cool slightly, then transfer to blender or food processor and puree until smooth, working in batches if needed. If using a food processor, strain off the cooking liquid and reserve. Puree the soup solids with enough cooking liquid to moisten them, then combine with the remaining liquid.
6. Return soup to the pan and add the cooked lentils. Taste and adjust the seasoning and cook for about 10 minutes to heat thru.
7. Ladle and garnish with cilantro or parsley.