

## Lemony Lentil Soup



**TIME TO PREPARE**

60 minutes



**COOK TIME**

35 minutes



**SERVING**

4-6 People



### Ingredients

- 1 cup red lentils
- 1 tbsp olive oil
- 1 onion, chopped
- 1/2 tsp salt
- 3 cloves garlic, minced
- 2 carrots, diced
- 1/2 tsp black pepper
- 1/8 tsp red pepper flakes
- 2 tsp dried oregano
- 1 tsp dried rosemary
- 1 bay leaf
- 4 cups vegetable or chicken stock
- Juice of 1 lemon (about 1/4 cup)
- Zest of 1 lemon
- Crumbled feta cheese, optional

### Steps to Cook

1. Rinse the lentils in a colander and set aside to drain.
2. In a large pot or Dutch oven, heat the oil over medium-high heat. Add onion and sauté about 3 minutes until translucent. Add the carrots, garlic, salt, pepper, red pepper flakes, rosemary, oregano and bay leaves. Cook about 6 to 8 minutes or until carrots are tender.
3. Add the lentils and stock. Bring mixture to a boil, reduce heat and simmer for 25 minutes or until the lentils are softened. Remove the bay leaf.
4. Puree soup with immersion blender (if desired). Add the lemon juice, zest and season to taste with additional salt, if needed.
5. To serve, ladle into soup bowls, and garnish with feta if using.