

Long Livo

Hearty Lentil and Potato Soup Recipe with Comforting Benefits

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Soup Base

- [ ] 2 tablespoons olive oil
- [ ] 1 large onion, diced
- [ ] 3 carrots, diced
- [ ] 3 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 1½ cups brown lentils, rinsed
- [ ] 1½ pounds Yukon Gold potatoes, cubed
- [ ] 8 cups vegetable broth
- [ ] 2 bay leaves
- [ ] 1 teaspoon dried thyme
- [ ] Salt and pepper to taste

For Serving

- [ ] Juice of ½ lemon
- [ ] Fresh parsley, chopped
- [ ] Crusty bread for dipping

Instructions

1. Heat olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Cook for 8-10 minutes until softened, stirring occasionally.
2. Add the garlic and cook for another minute until fragrant. Stir in the rinsed lentils, potatoes, vegetable broth, bay leaves, and thyme.
3. Bring to a boil, then reduce heat to low and simmer uncovered for 30-35 minutes, until lentils and potatoes are tender.
4. Remove bay leaves. Stir in lemon juice and season with salt and pepper to taste. Let sit for 10 minutes before serving.
5. Ladle into bowls and garnish with fresh parsley. Serve with crusty bread for dipping.

Nutrition per serving

285 kcal	13 g	48 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Soup thickens as it cools - add a bit of water when reheating if needed
- For a creamier texture, blend half the soup and return to pot
- Freezes beautifully for up to 3 months