

Julie's Hearty Tomato & Lentil Stew

This soup is by far one of our family favorites, and I want to share it with you! I adapted from a recipe years ago and it is a quick “go to” since I always have the ingredients in the house (or will modify it). Not only is it flavorful, savory, and delicious...but also it contains amazing boost of antioxidant and anti-inflammatory properties to nourish your body while tingling the taste buds. This soup is completely vegan but is sure to please even the meat eaters and those with a picky palate! 😊 ~ Julie

Serves 6-8

1 tbsp. extra-virgin olive oil
1 red onion, finely chopped
1-2 gloves garlic, minced
1-cup carrots, chopped
1-cup carrots, chopped
1-cup zucchini, chopped
1 ½ - 2 tsp. ground cumin
1 ½ - 2 tsp. dried oregano
1 tsp. paprika
1 tsp. cayenne pepper
1- 1 ½ cup lentils, picked over and rinsed
28oz. (or more as desired) rustic cup tomatoes
5-6 cups organic veggie stock and/or water
Salt and freshly ground black pepper to taste

Nourishing “Nuggets”:

- For convenience, check out the roasted organic minced garlic in the jar
- Try the organic multicolored carrots at the local Farmer's Market - delicious and nutritious. Consider organic celery since it a Dirty Dozen!
- I like to use a bit more of the cayenne for extra "kick"
- Try a variety of lentils for taste and texture – I love the red lentils
- Look for the tomatoes in the carton vs. cans
- For less sodium - use 1/2 broth and 1/2 water

Directions:

1. In large pot heat olive oil until it shimmers. Add onion and cook until it is translucent, about 5 minutes. Add celery, garlic, carrots, zucchini, and cook until they soften 5-10 minutes.
2. Add herbs and lentils and stir well. Cook for 1 minute. Add tomatoes; Add water/stock and stir. Heat to boiling, then reduce heat and simmer. Cook until lentils have softened and are cooked through ~40 minutes.
3. Ladle into bowls and add garnish. Top with freshly grated Parmesan, feta, almond, or vegan cheese!

**Tip: This soup freezes well so go ahead and make double batch to pull out of the freezer next month!*

