



Green Lentil Soup

by Chef Bradley Czajka

Makes 6 Servings



Ingredients

- 1 lb. French green lentils, soaked overnight
- Spray bottle of canola olive oil blend
- 1/4 cup small diced carrots, reserve 2 T
- 1/4 cup small diced celery, reserve 2 T
- 1/4 cup small diced onions, reserve 2 T
- 1/4 cup small diced red onions, reserve 2 T
- 1 bay leaf
- Pinch of dried thyme
- 2 teaspoons Spanish paprika
- 1/4 teaspoon ground cumin
- 2 quarts low sodium vegetable stock
- Kosher salt
- White pepper
- 2 tablespoons chopped fresh parsley, garnish

Directions

Drain the lentils and rinse in a colander until water runs clear. Place lentils in medium stock pot and cover with water and bring to boil then turn down to a low simmer and simmer for 30 minutes. Remove from heat and drain through a colander and cool slightly on a sheet pan with parchment paper (reserve 2 cups for garnish).

In the same medium stock pot spray the bottom lightly with oil. Add the vegetables and sauté until slightly translucent. Add in bay leaves, thyme, paprika and cumin. Stir in the cooked lentils and cook for 5 minutes. Add the vegetable stock and simmer for 12 minutes. Taste and adjust with salt and pepper.

Place soup in the blender and puree until soup. Sauté the reserved vegetables in a sauté pan until translucent then add in the reserved lentils and finish for 5 minutes on medium to low heat, adjust seasoning with salt and pepper. Once finished, divide into soup bowls. Garnish each soup with reserved sautéed lentils and fresh parsley.