

LEMON LENTIL SOUP

plus crumbled feta

Ingredients:

- 2 T olive oil
- 2 cups diced onions
- 2 T crushed garlic
- 1 1/2 cups finely diced carrots
- 1 cup diced potato
- 2 bay leaves
- 1 cup dry red lentils
- 5 cups vegetable stock
- 1 t cumin
- juice from 2 lemons, about 2/3 cup, or to taste
- 1/4 cup chopped fresh dill
- 2-4 cups packed chopped fresh greens*
- salt + pepper to taste
- feta, for sprinkling

* kale, chard, spinach, or mustard

Directions:

1. In a large soup pot, saute the onions, garlic, carrots, potato, and bay leaves in oil until the potato just begins to soften; about 15 minutes.
2. Rinse the lentils and add them to the pot. Continue to saute for 5 minutes. Add stock, cumin, and a big pinch of salt and some pepper. Reduce heat to medium. Cover the pot and simmer until lentils and vegetables are tender; about 15 minutes.
3. Just before serving, remove from heat and stir in lemon juice, chopped dill, and greens. Stir until greens have wilted. Remove bay leaves. Season with additional salt and pepper to taste. Serve immediately sprinkled with crumbled feta.

