



## Quick French Lentil Soup

Serves 4 to 6

This lentil soup uses the French green lentils, also called lentils de Puy. These are smaller than brown lentils, cook quicker, and hold their shape for a better appearance. You can experiment by adding different fresh herbs, such as thyme or oregano, or other greens instead of parsley, such as spinach.

Dara O'Brien



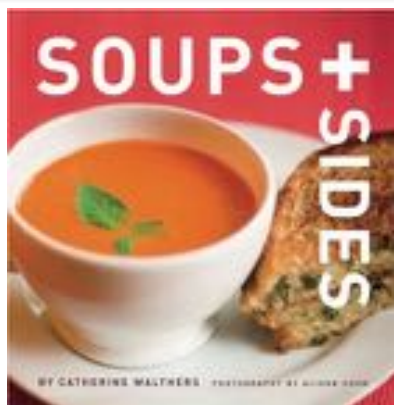
From "Soups + Sides" by Catherine Walters, Lake Isle Press, 2010

### INGREDIENTS

- 1 onion, diced small
- 2 tablespoons extra-virgin olive oil
- 1 whole leek, trimmed, cut in half lengthwise, rinsed, and sliced
- 2 cloves garlic, minced
- ½ cup red or white wine (optional)
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- ¼ cup minced fresh parsley
- 6 cups water
- 2 bay leaves
- 1¼ cups French green lentils, picked through and rinsed
- 1 (14-ounce) can diced tomatoes, with juices
- 2 teaspoons umeboshi vinegar\* or freshly squeezed lemon juice
- 1 teaspoon kosher salt
- Freshly ground black pepper

### PREPARATION

1. In a heavy-bottomed soup pot, sauté the onion in the oil over medium heat for 8 to 10 minutes. Add the leek and garlic and cook another 2 to 3 minutes, stirring often. Add the wine and cook for 1 minute.
2. Add carrots, celery, half the parsley, the water, bay leaves, and lentils. Bring to a boil, then simmer, partially covered, for 10 minutes. Add the tomatoes and continue simmering, 20 to 25 minutes, or until lentils are tender.
3. Remove the bay leaf and add umeboshi vinegar or lemon juice, salt, and pepper. Adjust seasonings and simmer for an additional few minutes. Add remaining parsley just before serving.



### Soups + Sides | by Catherine Walters | Lake Isle Press 2010

"People are returning to real foods, locally grown—encouraging cooking that reflects ingredients in season."  
—Catherine Walters

A companion to Walters's popular "Raising the Salad Bar," this handy cookbook is an expertly compiled collection of playful yet elegant recipes for soups that are made with fresh ingredients and are just right for any meal or occasion. Whether you mix and match your favorite soups and sides or enjoy them separately, it will dare you to think beyond the every day and pull you out of your soup slump.

Find out more: <https://www.lakeislepress.com/books/soups-and-sides>  
Buy the book: <https://www.amazon.com/gp/product/1891105337/>