

Lemony Lentil Soup

I would never have tried this recipe with lemon and lentil without encouragement from my son and his wife. They raved about their new favourite soup that a friend shared from the cookbook "Whitewater Cooks: Pure, Simple and Real". It is indeed, simple, healthy and unbelievably delicious. Serve it with a fresh salad and you have satisfying meal. I tried it before and after blending it and definitely preferred the pureed version and enjoyed it even more the second day. Thanks for sharing, Pat and Emily!

1	cup dry red lentils, rinsed and drained
1-2	Tbsp olive oil
1	large onion, chopped, more than 2 cups
4	cloves garlic, crushed
2 1/2	cups carrots, sliced
1	Tbsp oregano, I have substituted 2 Tbsp pesto for the oregano and rosemary
1/2	tsp red pepper sauce of choice, or to taste
1	Tbsp fresh rosemary, chopped
2	bay leaves
8	cups chicken or vegetable stock, homemade or low sodium
2	tsp salt or to taste
2	Tbsp fresh dill, reserve some for garnish, or 2 tsp dry
1/2	cup lemon juice
1/4	tsp lemon peel, finely grated
2	tsp salt, or to taste
1	tsp pepper

- ☞ Cook onion with olive oil in a large, covered pot on medium low heat until soft and translucent
- ☞ Add garlic, carrots, pepper, oregano, rosemary (or pesto) and bay leaves and continue cooking until carrots are tender crisp.
- ☞ Stir in stock and drained lentils and bring to a boil.
- ☞ Reduce heat and simmer for about 25 minutes until lentils are soft ☞ Add dill, sugar, salt, pepper and baking soda.
- ☞ Remove bay leaves and puree soup.
- ☞ Taste and adjust seasonings
- ☞ Add lemon juice, lemon zest and dill and adjust seasonings.
- ☞ Serve, topped with desired amount of feta and a sprinkle of fresh or frozen dill if you like