

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Winter Lentil Soup w/ Roasted Tomatoes & Garlic

Inspired and Adapted from *The Daily Soup Cookbook* by Leslie Kaul *et al.*
Fresh spinach or chard would be a tasty, colorful and healthy addition to this vegan soup.

Makes 13-14 cups

1 whole head of garlic
1½ tablespoons olive oil
1 medium yellow onion, ¼-inch dice (2 cups)
1½ cups carrots, 1/3-inch dice (peeled if not organic)
1½ cups celery, 1/3-inch dice
1 teaspoon salt
8 twists freshly ground pepper
2 sprigs of dried rosemary (1 tablespoon if off the stem)
2 bay leaves
1 28-ounce can fire-roasted diced tomatoes
1 pound French (DuPuy) lentils, Black Beluga lentils or brown lentils, rinsed (2 1/3 cups)
9 cups vegetable stock or water
1 tablespoon red wine or balsamic vinegar

Optional Garnishes

¼ cup chopped fresh parsley
¼ cup thinly sliced green onion
A dollop of plain yoghurt

Preheat the oven to 450 degrees.

Wrap the head of garlic in aluminum foil and roast in the preheated oven for 25 minutes. When cool enough to handle, separate the individual cloves and place them in the blender jar.

Heat the oil in a large soup pot over medium heat. Stir in the onion. Cover the pot and cook for about 5 minutes until translucent. Remove the lid and stir in the diced carrots and celery. Cook for 5 minutes.

Stir in the rosemary sprigs, bay leaves and fire-roasted tomatoes. Simmer all together for a few minutes before adding the lentils, stock or water. Cover the pot and bring the soup to a boil. Reduce the heat to a simmer and cook, partially covered for one hour. Taste to be sure the lentils are tender.

Remove 2½ cups of the soup to the blender jar with the roasted garlic cloves. Add the vinegar and puree the mixture until smooth. Stir it into the soup and cook another 2 minutes. Adjust the salt and pepper to taste.

Remove the rosemary stems and bay leaves. Serve the soup with any or all of the optional garnishes.