Plate Dream

Hearty Lentil Soup

Comforting lentil soup brimming with vegetables, herbs, and soothing broth.

15 min	35 min	50 min	4	Easy	Mediterranean
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup brown lentils, rinsed
- [ ] 4 cups vegetable broth
- [ ] 1 carrot, diced
- [ ] 2 celery stalks, diced
- [ ] 1 onion, chopped
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and pepper to taste
- [ ] 1 tbsp lemon juice

Instructions

1. Heat olive oil in a large pot over medium heat; add onion, carrot, and celery, and sauté until they soften, about 5 minutes.
2. Stir in garlic, thyme, and bay leaf; cook for another minute until fragrant.
3. Add rinsed lentils and vegetable broth; bring to a gentle boil, then reduce heat to low and simmer.
4. Cover and let the soup simmer for 25-30 minutes, stirring occasionally, until lentils are tender.
5. Season with salt, pepper, and lemon juice; remove bay leaf and adjust seasoning as needed.
6. Ladle into bowls, drizzle a little extra-virgin olive oil, and enjoy the comforting warmth.

Nutrition per serving

250 kcal	15 g	40 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the soup thickens too much, add a splash of water or broth.
- For extra depth, roast the carrots before adding them.
- A handful of spinach stirred in at the end adds color and nutrition.