

Lentil Soup



Ingredients

½ cup *Pasolivio Olive Oil*

1 cup onion, chopped small

1 cup yam, peeled and chopped small

1 cup celery, chopped small

1 cup carrot, peeled and chopped small

Optional: 2 cups kale, washed, trimmed from stems and chopped small

2 teaspoons *Pasolivio Kosher Flake Sea Salt*

1 tablespoon plush

1 teaspoon *Pasolivio Herbs de Provence*

2 cloves garlic, minced

8 cups vegetable broth, low sodium

16 ounces dried green lentils

1 ½ cup fresh tomato, chopped small or 1-14 ounce can chopped tomatoes

1 tablespoon *Pasolivio Aged*

Directions

1. In a stock pot, warm *Pasolivio Olive Oil* over medium heat.
2. Add onion, yam, celery, carrot, kale and *Pasolivio Kosher Flake Sea Salt*. Cook 10-12 minutes, stirring often, making sure it doesn't burn.
3. Add *Pasolivio Herbs de Provence* and garlic. Cook one minute.
4. Add vegetable broth, water, lentils and fresh tomato. Bring to a boil, then reduce heat to simmer
5. Cover and cook until lentils are tender, about 45 minutes
6. Stir in *Aged Balsamic Vinegar*.
7. Season with *Pasolivio Kosher Flake Sea Salt* and freshly ground pepper, to taste.

Nutritional Information

Calories 264

Total Fat..... 10 g

Saturated Fat 1.5 g

Cholesterol 0 mg

Total Carbohydrate... 31 g

Dietary Fiber 13 g

Protein 14 g

Sodium 670 mg

Serving Size 1 cup

Recipes yields.....12 servings

Prep time: 15 minutes

Cook time: 55-60 minutes

Recipe from:

<https://www.pasolivio.com/recipes.html>