



INGREDIENTS

1/4 of olive oil
1 cup of chopped carrots
1 cup of chopped sweet onions
1 cup of chopped celery stalks
3 minced garlic cloves
2 cups of dried lentils
2 bay leaves
1 TSP of dried oregano
1 TSP of dried basil
1 TSP of chili pepper
8 cups of vegetable stock
1 rind of Parmigiano Reggiano
3 cups of passata
1 cup of fresh spinach
Salt & Pepper to taste

NOTES

Place the dry lentils in a bowl covered with water. Allow soaking for a minimum of 24 hours. Change water twice.



LENTIL SOUP WITH SPINACH

BY Caterina Romano's kitchen

DIRECTIONS

1. Heat a large soup pot, add the olive oil, carrots, onion and celery stalks. Season with salt & pepper and sauté for 15 minutes until vegetables are soft.
2. Stir in the bay leaves, oregano, chili pepper and basil and cook for 3 minutes.
3. Add the garlic and stir until fragrant.
4. Add the lentils and sauté for 2 minutes.
5. Add the vegetable stock, rind of cheese and passata.
6. Bring to a boil. Reduce heat and let simmer for 1 hour.
7. After an hour the soups is ready. Add the spinach and cook for a few minutes until it wilts.
8. Season with salt and pepper to taste.
9. Serve the soup while hot and enjoy.

ENJOY THE LENTIL & SPINACH SOUP