



Hearty Lentil, Kale & Potato Soup

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Yield: 4 Servings

Ingredients

- 1 tbsp oil
 - 1 medium onion, diced
 - 2 stalks of celery, diced
 - 2 large carrots, diced
 - 1 large potato, diced (about 1 1/2 cups)
 - 1/2 bunch kale, ribs removed and chopped finely (or half a bag of thawed from frozen kale)
 - 1 cup dry lentils (not red), rinsed and picked over
 - 4 cups vegetables broth + 1/2 cup water
 - 1 tsp salt
 - 1/2 tsp garlic powder
 - 1/4 tsp cumin
 - 1/4 tsp coriander
 - 2 tsp red wine vinegar
 - Salt and pepper, to taste
-

Instructions

1. Heat oil in a heavy-bottomed pot over medium heat. Add onion, celery and carrots and sauté until softened, about ten minutes.
2. Add lentils, broth, water, salt, garlic, cumin and coriander. Stir together and bring to a boil. Once soup has reached a boil, reduce heat to low and simmer, covered for 20 minutes.
3. Add chopped potatoes and simmer, covered for 15 more minutes or until potatoes are fork tender.
4. Add kale and simmer, covered for 5 more minutes, or until kale is wilted.
5. Remove from heat and stir in red wine vinegar. Season to taste with salt and pepper.