

Spinach Lentil Soup (4 servings)

Ingredients

2 tbsp. extra-virgin olive oil

2 carrots, peeled and diced

2 celery stalks, diced

1 small onion, diced

3 cloves garlic, minced

2 tsp. cumin

1 tsp. coriander

1/4 tsp. crushed red pepper flakes, plus more if desired

kosher salt

Freshly ground black pepper

1 14-oz. can diced tomatoes, with juices

10 oz. lentils

2 tsp. fresh thyme

4 c. vegetable broth

4 c. baby spinach

Directions

In a large pot over medium-high heat, heat olive oil. Add carrots, celery, and onion and cook until beginning to soften, 5 minutes. Add garlic, cumin, coriander, and red pepper flakes, and cook 1 minute, stirring constantly, then season with salt and pepper.

Add tomatoes, lentils, thyme, and vegetable broth and bring to a boil. Reduce heat, cover partially, and simmer until lentils are tender and soup has thickened, 20 minutes. (If most of liquid has been absorbed, add in 1/2 to 1 cup more water.)

Stir in spinach and continue cooking until wilted, 2 minutes, then season with salt and pepper.