

LENTIL SOUP WITH OLIVE OIL FINISH

Pantry staples, one pot, and a finish of good olive oil. Comfort food that still does protein and fiber work — the kind of bowl that sits well after a long day.

About 45 minutes · Serves 4–6



Ingredients

- 2 Tbsp olive oil, plus more to finish
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1½ cups dry brown or green lentils, rinsed
- 1 tsp cumin
- ½ tsp smoked paprika
- 6 cups broth, or 6 cups water plus 2 Tbsp bouillon paste such as Better Than Bouillon (use less for lower sodium)
- 1 can (14.5 oz) diced tomatoes (optional)
- Salt, pepper, lemon
- Optional: handful of spinach at the end; crusty bread or rice on the side

Instructions

- 1 Warm oil in a pot. Soften onion, carrot, and celery 5–7 minutes.
- 2 Stir in garlic, cumin, and paprika for 30 seconds.
- 3 Add lentils, broth, and tomatoes if using. Bring to a simmer.
- 4 Cook 25–30 minutes until lentils are tender. Season with salt, pepper, and lemon.
- 5 Stir in spinach if using. Ladle into bowls and finish with a generous swirl of olive oil.

Annie note

Make a double batch on Sunday. Midweek you only need heat and a side of fruit or toast — steady energy without a project.