



Total Time
90 MIN.

Serving Size
8 OZ / 250 ML

Difficulty
EASY

Yields
4

This delicious blend of lentils, carrots, celery, leeks and onions sautéed with garlic and seasoned with bay leaves and parsley, making this soup a delicious vegetarian offering.

INGREDIENTS

WEIGHT

MEASURE

Garlic Cloves, finely chopped	2 na	2 na
Onion, finely chopped	1 na	1 na
Leek, finely chopped	1 na	1 na
Celery Stalk, finely chopped	1 na	1 na
Carrot, finely chopped	1 na	1 na
Olive Oil	1 oz	30 mL
Lentils	11/2 cups	375 mL
Artisan By Stockpot® Vegetable Stock	4 cups	1 L
Parsley, finely chopped	1 tbsp	15 mL
Bayleaf	1 na	1 na
Salt		
Black Pepper, ground	1/4 tsp	1 mL

INSTRUCTIONS

1. Saute garlic and vegetables in oil. Add lentils.
2. Add stock, parsley and bayleaf. Bring to a boil and simmer for 1 hour until lentils are tender.
3. Check seasoning and use salt as needed.