

# GREEN LENTIL SOUP

WITH FENNEL, CELERIAC & CARROT

4-6 Servings

This wintry soup is hearty, simple and delicious. The grounding qualities of the root vegetables make it seasonally appropriate from an Ayurvedic perspective, and the large variety of vegetables in this nourishing soup also make it a wonderful way to support your microbiome, too, as it's said that a healthy and diverse gut microbiome needs at least 30 vegetables a week - and spices count. Here's a great way to meet that seemingly daunting threshold in one meal! Swap out the fennel or celeriac for other root veggies - like sweet potatoes, parsnips or turnip.

## Ingredients:

- 1 cup green lentils, rinsed well and picked over
- 4 cups of water
- 2 tbs olive oil
- 2 carrots, cut to 1/2 dice
- 1/2 cup sliced fennel
- 1/2 cup diced celeriac root
- 1 small red onion, chopped
- 1 stalk celery, chopped
- 1 TBS tomato paste
- 1 TBS chopped fresh thyme
- 1 bay leaf
- 2 cups chopped kale
- 1/2-3/4 tsp Himalayan pink salt
- Pepper to taste



## Instructions:

1. Heat a heavy bottomed stock/soup pan on medium, add the olive oil, then add all the chopped vegetables, with the exception of the kale.
2. Sautee the veggies on medium until they are beginning to soften and the onion is starting to turn translucent, 5-7 minutes, then add the 1 Tbs of tomato paste, thyme and bay leaf. Stir veggies to coat for another minute.
3. Add the washed lentils and stir these to coat. Add the 4 cups of water and bring to a boil. Turn down the heat, cover the pot and simmer for 25-30 minutes. *If it starts looking too thick, add more water!*
4. Test lentils and veggies to see they are cooked through but not mushy. Add the chopped kale, cooking until it turns bright green, then take off the heat.
5. I like to serve this soup with a dollop of fresh goat cheese on top or a drizzle of olive oil, and a piece of toasted, crusty sourdough bread.