

## **Luscious Lentil Soup**

- 1 T olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 c brown or Puy lentils, rinsed and drained
- 3 stalks celery, chopped
- 3 carrots, thinly sliced
- 1/2 green pepper diced - optional
- 1 28 oz can tomatoes, chopped, or 5-6 ripe tomatoes, skinned and chopped
- about 6 c water
- 2 bay leaves
- 1 T miso or marmite (optional)
- sea salt, freshly ground pepper and a pinch of sugar
- 2 T fresh basil
- 1 jalapeno pepper, finely chopped - optional
- juice of half a lemon
- 1/2 c flat leaf parsley, chopped

You know the drill...heat the olive oil in a large soup pot, soften the onion until golden, for about 5-10 minutes, covered, on low heat. Saute 2 minutes more after adding the garlic. Then add all the other ingredients except for the sea salt, pepper, sugar, lemon and the parsley. Simmer for about 45 minutes, adding the miso or marmite for colour and flavour. Taste as you add salt, pepper and sugar to get the right amounts. When done add the lemon, then the parsley to garnish.

Sprinkle some grated parmesan on top and enjoy with a crusty bread and a green salad on a rainy fall day. You can serve the soup in blended form as well, adding some croutons.

**Jittery Cook**