

Lentil Soup – Sue Wright

4-6 servings

3 cups raw lentils (rinsed)
7 cups water or stock
2 tsp salt
2 tsp minced garlic
1 cup chopped onion
1 cup minced celery
1 cup chopped carrots
Lots of black pepper
1½ cups chopped fresh tomatoes
2 T dry red wine
2 T lemon juice
1½ T molasses or brown sugar
1 T wine vinegar

1. Simmer lentils, water/stock, and salt in a Dutch oven or large pot for 3-4 hours.
2. Saute the garlic, onion, celery, and carrots in butter. Add lentils after they have simmered 3-4 hours, and simmer on low heat for at least 2 hours.
3. 30 minutes before serving, add the pepper, tomatoes, wine, lemon juice, molasses/brown sugar, and wine vinegar to the pot. (Optional: fine herbs, such as thyme, oregano, or basil)
4. Sprinkle extra vinegar and chopped scallions on each serving.