

LENTIL SOUP WITH SPINACH

from The Moosewood Cookbook by Mollie Katzen

INGREDIENTS

3 cups dry green or brown lentils, rinsed (If you can find little French lentils, use them! They hold their shape well and are delicious)

7 cups water

2 teaspoons salt

2 teaspoons garlic, minced

1 cup onion, chopped

1 cup celery, chopped

1 cup carrots, chopped

olive oil

1 or 2 bags fresh spinach, washed

1 large box or can diced tomatoes

2 tablespoons red wine (optional)

2 tablespoons lemon juice

1 ½ tablespoons brown sugar

1 tablespoon red wine vinegar

salt and pepper to taste

METHOD

Simmer the lentils with the water and salt until tender. This could take between half an hour and an hour. Check frequently and do not overcook.

Sauté garlic, onion, celery and carrots in olive oil until tender. Add to cooked lentils. Return pot to low heat and stir in the chopped spinach. Add remaining ingredients, simmer, and season to taste with salt and pepper.