

## Midwinter Soup

Vegan/Gluten-Free/Plant-based

This soup is a high-fiber, hearty midwinter recipe, and especially handy, as it utilizes mostly pantry staples and canned ingredients. It can be customized to avoid allergens or poorly tolerated foods, and is flavorful without being especially spicy. By blending all or part of the soup, and adding more water, the texture can also be completely transformed to make it even more easily digestible.

### Ingredients:

4 T. extra virgin olive oil	½ t. coriander
½ c. carrot, diced	½ t. paprika
½ c. celery, diced	½ t. garlic powder
½ c. onion, diced	½ t. onion powder
1 medium potato, diced	½ t. dried oregano
½ c. dried mushrooms	½ t. dried basil
½ c. julienned sundried tomatoes or 2 T. tomato paste	¼ t. black pepper
1 can diced tomatoes with juice	¼ t. crushed red pepper (optional)
1 c. dried brown lentils	1 c. frozen spinach
1 can of white beans, drained	2 T. balsamic vinegar
6-8 cups water or broth	2 T. chopped fresh parsley (optional)
2 bay leaves	Salt to taste

### Recipe:

1. In a large pot or Dutch oven, heat olive oil until hot and shimmering, and then add carrots, celery, and onion. Cooking until just browned and soft (5 minutes).
2. Add tomato paste or tomatoes, mushrooms, and all herbs and spices except salt, and sauté over medium heat for 2-4 minutes until fragrant.
3. Add diced potato, broth, canned diced tomatoes, and lentils, and bring to a boil.
4. Reduce heat to a simmer and cook over low heat until lentils and potatoes are soft (30-40 minutes)
5. Add spinach and canned beans and return the pot to a boil for 2-3 minutes.
6. Add vinegar.
7. Add salt to taste (amount will vary depending on liquid—for water only, plan on at least 2-3 t. of salt, for broth or bouillon, less), and adjust seasonings.
8. Optional: Blend all or part of the soup until it reaches the desired texture, adding more water if needed.
9. Finish with a handful of chopped fresh parsley. Serve.