

Leek and Lentil Soup

Recipe adapted from *Food.com*.

Provided by the Auburn Interfaith Food Closet

SERVES: 6

PREP TIME: 20 minutes

COOK TIME: 1 hour 10 minutes



INGREDIENTS

- 1 tablespoon vegetable oil
- 3 leeks, well washed*, and chopped (white & light green part)
- 1 small onion, chopped (~ 3/4 cup)
- 1 garlic clove, minced
- 1 small carrot, chopped
- 1 1/2 cups lentils
- 1 bay leaf (optional)
- 8 cups (64 oz.) chicken broth
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt, to taste
- 1/2 teaspoon pepper, to taste

DIRECTIONS

- 1 Rinse the lentils, and leave to stand in water while preparing the rest of the vegetables.
- 2 Thoroughly rinse the leeks until water is clear.
- 3 In a large soup pot, on medium heat, add oil and sauté leeks, onions, garlic and carrot on medium heat, until soft.
- 4 Drain lentils, and add them to the pot. Add the bay leaf (optional), broth, and thyme, and bring to the boil.
- 5 Simmer, covered, on medium-low heat for an hour, or until lentils are soft.
- 6 Remove the bay leaf. Purée approximately 3 cups of soup, and stir back into the pot. For creamier texture, purée more of the soup. Add salt and pepper to taste. Serve hot.

* To see how to wash and prep leeks, watch this YouTube video:

<https://www.youtube.com/watch?v=njMtD7Hnlb8>

Note: You can add a potato for a thicker soup, or add a stick of celery, or substitute barley for some of the lentils.



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