



French Cuisine


MADE SIMPLE

Classic Lentil Soup

Soupe aux lentilles

 8 people.

 20 mins prep time

 1h20 mins total time

 Easy

INGREDIENTS

- 1 yellow onion sliced thinly
- 2 chopped garlic cloves
- 1 ½ cup (300 g) bacon cut in chunks
- 5 carrots (2.5 cups) cut in round slices (not too thick)
- 3 cups (600 g) dried green lentils
- 150 g (small pack) sliced mushrooms
- 2 liters of chicken stock
- 13 oz (40 cL) canned pure tomato sauce
- 1 branch of chopped celery with leaves.
- Optional if need more taste: 2 tsp of tomato concentrate
- Optional: ½ cup red wine
- 2 bay leaves
- ½ tsp rosemary
- 7 tsp of thyme
- ¼ tsp cayenne pepper
- 1 tsp cumin
- 1 tsp curcuma
- salt to taste
- 250 g heavy whipping cream (or coffee cream or whole milk)



DIRECTIONS

1. Sauté the onions and garlic in oil.
2. Add all other ingredients, except the cream, and mix.
3. Cover and cook on low heat for 45 – 60 minutes on the stove until the lentils are tender. If using a crock pot: 7-8 hours. If using an Instant Pot: 12 minutes on high.
4. Once cooked, add the cream and mix.
5. Garnish: top with some cream and thyme and serve warm in bowls with a side salad or a piece of bread and cheese.

Bon Appetit!
Emilie Anne 

