

Lentil and Escarole Soup

Ingredients:

1 medium onion, chopped
2 stalks celery, chopped
2 small carrots, chopped
¼ cup olive oil, 2 garlic cloves, chopped
2 cups diced tomatoes
2 ¼ cups lentils
8 cups chicken or beef stock
1 head of escarole, chopped
Kosher salt, freshly ground black pepper
½ cup grated parmesan cheese



Directions:

In a large saucepan over medium heat, cook onions, celery and carrots, in the oil for 10 minutes, or until tender.

Add garlic and cook another minutes. Add tomatoes, bring to a simmer, and cook for about 10 minutes to reduce liquid. Add lentils and stock, bring to a simmer. Reduce heat to low, cook uncovered for about 30 minutes. Add escarole, salt & pepper, to taste. Cook until lentils are tender, about 35-45 minutes.