

Better Vegan Oil-Free Lentil Soup

Source: Cook's Illustrated, Better Vegan

Category: Vegan Soups and Stews

Prep Time: 15 min Cook time: 55 min Total Time: 1 hr 10 min

Serves 4 to 6

Contains nightshades



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Recipe Link:

<https://www.betterveganrecipes.com/vegan-oil-free-lentil-soup>

Ingredients:

- 1 large onion, chopped fine (about 1 1/2 cups)
- 2 medium carrots, peeled and chopped medium (about 1 cup)
- 3 medium cloves garlic, minced or pressed through garlic press (about 1 Tbsp.)
- 1 can (14 1/2 ounces) diced tomatoes, drained
- 1 bay leaf
- 1 tsp. minced fresh thyme leaves or 1/3 tsp. dried thyme leaves
- 1 cup lentils (7 ounces), soaked overnight, drained and rinsed
- 1 tsp. table salt
- 1/2 cup dry white wine (optional)
- 4 1/2 cups + 2 Tbsp. vegetable broth
- 1 1/2 cups water
- 1 1/2 tsp. raw apple cider vinegar
- 3 Tbsp. minced fresh parsley leaves

Instructions:

1. Prepare the ingredients.
2. Heat 2 Tbsp. vegetable broth in large stockpot or Dutch oven over medium-high heat. Add onion and carrots; cook, stirring occasionally, until vegetables begin to soften, about 2 minutes. Add garlic and cook until fragrant, about 30 seconds. Stir in tomatoes, bay leaf, and thyme; cook until fragrant, about 30 seconds. Stir in lentils, salt, and pepper to taste; cover, reduce heat to medium-low, and cook until vegetables are softened, and lentils have darkened, 8 to 10 minutes. Uncover, increase heat to high, add wine, if using, and bring to simmer. Add vegetable broth and water; bring to boil, cover partially, and reduce heat to low. Simmer until lentils are tender but still hold their shape, 30 to 35 minutes; discard bay leaf.
3. Puree 3 cups soup in blender until smooth, then return to pot; stir in vinegar and heat soup over medium-low until hot, about 5 minutes. Stir in 2 tablespoons parsley and serve, garnishing each bowl with some of remaining parsley.

Notes:

Cooking time will vary depending on the type of lentils used. We prefer to use French green lentils for this recipe.

This soup can easily be converted to a stew by reducing the amount of liquids by half.

Equipment needed:

Blender

Serving suggestion:

Serve the dollop of [Vegan Sour Cream](#) and [Better Vegan Grain-Free Gluten-Free Bread](#).