

Greek Lentil Soup

Serves 6-8

2 tablespoons oil

1 large onion, diced

3 cloves garlic, minced (or ½ teaspoon garlic powder)

½ cup each: sliced celery (2-3 stalks) and carrots (2 medium)

1 teaspoon each: powdered cumin and oregano

3 bay leaves

8 cups water or broth

16 oz. dried lentils

1 teaspoon salt

2 tablespoons vinegar or lemon juice

Plain Greek yogurt (optional)

Sauté onion, garlic, celery and spices in oil in a large soup pot over medium-high heat for 3-5 minutes, until spices have browned and onion is softened and golden.

Stir in the water or broth and add the lentils to the pot. Bring to a boil and then reduce the heat and cook on low for 35-40 minutes, until the lentils are tender.

Add salt and vinegar or lemon juice.

Serve soup with a swirl of yogurt on top of each bowl of soup.