

Lentil Soup Recipe - Love and Lemons

By Jeanine Donofrio

Meet the BEST lentil soup recipe! Made with dried lentils, fresh vegetables, flavorful spices, and hearty greens, it's simple, healthy, and delicious.



This easy lentil soup recipe is warming, nourishing, and delicious. It's packed with hearty greens, tender vegetables, and fiber- and protein-rich lentils. Fresh herbs and spices fill it with complex flavor, and a splash of vinegar adds a bright, tangy kick.

It's not just my best lentil soup recipe—it's one of my best recipes, period. It's been a staple in my rotation for years. Easy to make with pantry ingredients, it's the perfect healthy dinner for a winter weeknight (*save any leftovers for lunch the next day!*). I hope you love this simple lentil soup as much as I do.

Lentil soup recipe ingredients

Lentil Soup Ingredients

Here's what you'll need to make this soup:

- **Lentils**, of course! The best types of lentils for this recipe are green lentils or French lentils, also known as Le Puy lentils. They hold their shape nicely in the soup, adding satisfying texture. Brown lentils are also a fine option. Red lentils are too mushy for this recipe. If you have them on hand, go check out my [red lentil soup](#) instead!
- **Extra-virgin olive oil** – For richness.
- **Onion, garlic, carrot, and celery** – They create the soup's aromatic base.
- **Fresh kale** – You'll use the whole leaves, stems and all!
- **Fire-roasted diced tomatoes** – I love the smoky flavor that fire-roasted tomatoes add to this soup. In a pinch, regular diced tomatoes work here too!
- **Vegetable broth** – Make homemade [vegetable stock](#), or use store-bought.
- **Fresh thyme** – For fresh, woodsy flavor. I like to bundle whole sprigs together with kitchen twine. Then, I add the bundle to the soup like a bay leaf, removing it before serving.
- **Cumin** – The secret ingredient! It adds savory, earthy depth.
- **White wine vinegar** – It gives the soup a tangy kick.
- **And salt and pepper** – To make all the flavors pop!

Find the complete recipe with measurements below.

Recipe Variations

Don't have these exact ingredients on hand? These swaps work nicely:

- Replace the kale with another leafy green like fresh spinach or [Swiss chard](#).
- Use 1 teaspoon dried thyme instead of the fresh sprigs.
- Replace the celery with 1 small fennel bulb, diced.
- No vinegar? Finish the soup with a squeeze of fresh lemon juice instead!

Sautéing onion, carrot, and celery in Dutch oven

How to Make Lentil Soup

This lentil soup recipe is easy to make! Here's how it goes:

First, sauté the aromatics. Heat the olive oil in a large pot or Dutch oven over medium heat and add the onion, carrots, celery, kale stems, and cumin. Cook until they soften, about 8 minutes.

Adding diced tomatoes to pot

Next, simmer the soup. Add the garlic, tomatoes, lentils, vinegar, thyme, and broth.

Tip: Rinse the lentils before cooking to remove any stones or debris.

Adding lentils to soup pot with vegetables

Cover and cook until the lentils are tender, 25 to 30 minutes. Adjust the heat as needed to maintain a gentle simmer.

How to make lentil soup - pouring broth into pot

Finally, add the greens. Cook until they wilt, about 5 minutes, and then season to taste.

Serve the lentil soup topped with garnishes like fresh parsley, grated Parmesan, and/or red pepper flakes. Enjoy with [crusty bread!](#)

Stirring kale leaves into pot of lentil soup

How to Store Lentil Soup

Store leftover soup in an airtight container in the refrigerator for up to 4 days. Simply reheat in the microwave or on the stovetop.

I actually like this soup *better* leftover. The flavor only improves as it sits in the fridge!

Can you freeze lentil soup?

Yes, this vegan lentil soup is freezer-friendly! Allow it to cool to room temperature, and then seal it in airtight containers or jars, leaving an inch for the soup to expand at the top. Freeze for up to 3 months.

Best lentil soup recipe

More Favorite Soup Recipes

If you love this lentil soup, try one of these nourishing soup recipes next:

Best Lentil Soup

Prep Time: 15 minutes mins

Cook Time: 45 minutes mins

Total Time: 1 hour hr

Serves 4 to 6

This easy lentil soup recipe is healthy and delicious, filled with fresh veggies, herbs, and spices. Serve it with [crusty bread](#) for a simple weeknight meal! Skip the cheese to make this recipe vegan.

- 2 tablespoons [extra-virgin olive oil](#)
- 1 medium yellow onion, chopped
- 4 medium carrots, chopped (2 cups)
- 2 celery stalks, chopped
- 6 small or 3 large kale leaves, stems finely diced, leaves chopped (8 cups)
- Heaping 1/2 teaspoon ground cumin
- 1½ teaspoons [sea salt](#)
- [Freshly ground black pepper](#)
- 4 [garlic cloves](#), grated
- 1 (14-ounce) can [fire-roasted diced tomatoes](#)
- ¾ cup dry green lentils, rinsed
- 2 tablespoons [white wine vinegar](#)
- 12 fresh thyme sprigs, bundled

- 6 cups [vegetable broth](#)
- 1/2 cup chopped fresh parsley, for garnish
- [Red pepper flakes](#)
- [Grated Parmesan cheese](#), for serving, optional



Cook Mode Prevent your screen from going dark

- Heat the olive oil in a large pot over medium heat. Add the onion, carrots, celery, kale stems, cumin, salt, and several grinds of pepper, and cook, stirring occasionally, for 8 minutes, or until the vegetables begin to soften.
- Stir in the garlic, tomatoes, lentils, vinegar, thyme, and broth. Cover and simmer for 25 to 30 minutes, or until the lentils are tender. Add the kale leaves and cook for 5 minutes, or until wilted.
- Remove the thyme bundle and season to taste. Serve topped with the parsley, red pepper flakes, and Parmesan, if desired.

Store leftover soup in the fridge for up to 4 days. If it thickens too much in the fridge, stir in a little water while you reheat it to reach your desired consistency. This soup also freezes well.

Nutrition Facts

Best Lentil Soup

Amount Per Serving

Calories 264 Calories from Fat 72

% Daily Value*

Fat 8g **12%**

Saturated Fat 1g **6%**

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Sodium 2349mg **102%**

Potassium 750mg**21%**

Carbohydrates 38g**13%**

Fiber 15g**63%**

Sugar 8g**9%**

Protein 12g**24%**

Vitamin A 14216IU**284%**

Vitamin C 46mg**56%**

Calcium 142mg**14%**

Iron 5mg**28%**

* Percent Daily Values are based on a 2000 calorie diet.

Source: <https://www.loveandlemons.com/lentil-soup/>