

# Lentil Tomato Soup

By Martha Rose Shulman

**Total Time** About 1 hour 30 minutes

**Rating** ★ ★ ★ ★ ★ (2,141)

I'm a firm believer in eating foods that symbolize good luck and expanding fortune at the beginning of the year. Usually I stick with my black-eyed peas salad. But I've always been curious about how people in other countries usher in the New Year. Lentils and raisins are present on Italian tables because they resemble coins and swell when cooked. They're usually accompanied by pork, a symbol of prosperity and abundance. This is an easy, robust vegetarian soup that tastes almost meaty. The rosemary in the bouquet garni contributes a savory, earthy flavor.

## INGREDIENTS

**Yield:** 4 servings

### FOR THE LENTIL TOMATO SOUP

- 1 cup lentils, washed and picked over
- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 stalk of celery, diced
- Salt to taste
- 1 14-ounce can chopped tomatoes, with juice
- 5 cups water
- A bouquet garni made with 2 sprigs rosemary and 1 bay leaf

## PREPARATION

### FOR THE LENTIL TOMATO SOUP

#### Step 1

Heat the olive oil over medium heat in a heavy soup pot or Dutch oven, and add the onion. Cook, stirring, until tender, about 5 minutes. Add the garlic, carrot and celery, and a generous pinch of salt, and continue to cook for another 5 minutes until tender. Add the tomatoes and bouquet garni, and cook, stirring often, until the tomatoes have cooked down somewhat and smell fragrant, about 10 minutes. Add the lentils, water and salt to taste. Bring to a boil. Reduce the heat, cover and simmer gently one hour. Taste and adjust seasonings. Remove the bouquet garni, and stir in the parsley. Serve, garnishing each bowl with Parmesan or Gruyère.

#### TIP

Freshly ground pepper to taste  
Grated Parmesan or Gruyère for  
serving  
1 to 2 tablespoons chopped flat-  
leaf parsley

*Advance preparation: This soup will improve overnight, and  
keeps well for three or four days, though you will probably  
finish it sooner. It can be frozen for a couple of  
months. Martha Rose Shulman can be reached at martha-  
rose-shulman.com*

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### Private Notes

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