

WELCOME TO BON APPÉTIT

bon appétit

Search Bon Appétit



BON APPÉTIT /



81

Shares

Kale and Lentil Soup

SERVINGS: MAKES 5 CUPS

INGREDIENTS

1 32-ounce container no-salt or low-salt chicken or vegetable broth

1/2 pound lentils (about 1 cup), picked over, rinsed

3 carrots, chopped

3 celery ribs, chopped

1 onion, chopped

3 garlic cloves, chopped

1 bay leaf

1 tablespoon fresh thyme leaves

1/3 cup flat-leaf parsley leaves

1/2 bunch kale, stemmed, rinsed, chopped (about 3 cups)

PREPARATION

View Step-by-Step Directions

Combine all ingredients except kale in a large pot. Cover and bring to a boil; stir, then reduce heat to a simmer and cook, partially covered, for 20 minutes. Stir in kale and cook, partially covered, until lentils and carrots are tender and kale wilts, about 10 minutes longer. Using an immersion blender, purée the soup. Refrigerate in an airtight container for up to 3 days, or freeze for up to 2 months.

KEYWORDS

Fall Food, Healthy Recipes, Lentil Recipes, Soup Recipes, Winter Food

RECIPE BY Terri Tsang Barrett

PHOTOGRAPH BY Ashley Rodriguez