

Hearty Italian Lentil Soup

Prep and Cooking Time: 2-3 hours

Servings: 6-10, depending on serving size

1 C. THRIVE Chopped onion
1/3 C. THRIVE Carrot dices
1 C. THRIVE Tomato Powder
1 TBSP THRIVE Bouillon
1 C. THRIVE Lentils (We like it a little more hearty with 1 1/2 Cups lentils)
1 1/2 C. THRIVE Chopped Spinach

Organic Spice blend:

1 tsp. dry Thyme
2 tsp dry Oregano
2 tsp. dry Parsley
1 tsp. Basil
1 Tbsp. Garlic Powder
2 tsp. Onion powder
Black Pepper, to taste
Salt, optional – we eliminate because of bouillon

1 to 1 1/2 gallons Water
2 Tbsp. Olive Oil, for sautéing and flavor

Option one: Add all dry ingredients to the pot and stir well. Bring to a boil and then turn to simmer, for 20-30 minutes. Best served the next day to allow flavors to mingle, but can be served as soon as Lentils reach tender.

Option Two: Rehydrate onions with 1/3 C. water from water set aside. In a separate container rehydrate carrot, spinach, and Tomato powder. When Onions are rehydrated, add a little olive oil to the pan and heat. Add onions and sauté for a few minutes. Add the rehydrated carrot, spinach, and tomato powder then add the balance of the water. Sprinkle in bouillon, spices, and lentils. Bring to a boil, then turn down to simmer for 30 minutes. Remove from heat and serve, or allow to set for a bit for flavors to blend more thoroughly.

Option 3: Place olive oil in pan and lightly sautee the FD onions. Add the herbs and spices. Lightly sautee to allow flavors to blend. Add water, then bouillon, carrots, and tomato powder. Mix well, bring to a boil, reduce heat, and allow to simmer 30 minutes. Add lentils, and allow to continue to simmer for an additional 1 to 1.5 hours, testing the lentils for desired tenderness. When done, turn off heat and stir in spinach, gently. If necessary, reheat the soup to desired serving temperature.

Serve hot with parmesan sprinkled on top.

