



Yield: Serves 6-10

French Pyrenees Lentil Soup

Ingredients:

- 2 Cups Lentilles du Puy (can substitute common green lentils) – picked and rinsed**
- 7 Cups Chicken Broth (can substitute plain water or vegetable stock)***
- 1 - 14.5 oz can Diced Tomatoes**
- 2 Large Celery stalks - medium diced**
- 2 Carrots - medium diced**
- 1 Medium Onion – small diced**
- 2 - 4 Cloves Fresh Garlic - minced**
- 1 Bunch Fresh Spinach (apx 10 oz) - rinsed and rough chopped**
- 4 - 5 Strips Bacon - finely chopped***
- 2 Tbs Olive Oil**
- 2 Tbs Red Wine Vinegar (can substitute cider vinegar)**
- 2 Bay Leaves**
- 1 tsp Dried Thyme**
- ½ tsp Dried Oregano**
- ½ tsp Dried Basil**
- Kosher Salt to taste**
- Fresh Ground Black Pepper to taste**

Preparation:

- 1) Place a 6 - 8 quart stock pot over medium heat
- 2) Fry bacon until fat is rendered and crispy (apx 4-5 minutes)
- 3) Add olive oil, onion, and celery - Sauté until onions are soft and translucent (apx 5 minutes)
- 4) Add carrot and garlic - Continue to sauté for 1 minute
- 5) Add bay leaves, thyme, oregano, and basil - Continue to sauté for 2 minutes
- 6) Add tomatoes along with their juice, chicken broth, lentils, and salt and pepper to taste
- 7) Bring to a boil - Reduce heat to low, loosely cover, and allow to simmer until lentils are tender (apx 40 minutes - 1 hour)
- 8) Remove 2-3 cups of soup to a small container** - Add vinegar and using an immersion blender purée until smooth – Return to pot
- 9) Add spinach and allow to simmer for an additional 5-10 minutes
- 10) Adjust seasoning, remove bay leaves, and serve

** Use plain water or vegetable stock and leave out the bacon (Skip step 2) to make this a vegan friendly soup*

*** Transfer to a blender (in batches if necessary) as alternative*

Taz Doolittle



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