



apron days

a tasty recipe from Lane's kitchen.

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Winter Lentil Soup

borrowed from Heidi Swanson of 101cookbooks.com

serves 4-6

ingredients:

2 tablespoons extra virgin olive oil

1 onion, chopped

3 shallots, chopped

1/2 teaspoon red pepper flakes

6 cups low sodium vegetable stock

1 1/3 cup red lentils, picked over and rinsed well (often have pebbles hiding amongst them)

1/2 cup brown rice, picked over and rinsed

fine grain sea salt, as much as you like

slivered almonds, toasted

crumbled feta

directions:

1. In a large soup pot over medium heat, combine olive oil, onion, shallots, and red pepper flakes. Stir occasionally, letting mixture brown and [caramelize](#) a bit.
2. Stir in broth and bring to a boil. Stir in lentils and rice and let simmer for 45 minutes to an

hour, until rice is al dente (original recipe actually called for 30 minutes. my rice was totally hard at that point, so I had to leave mine simmering for an hour so the rice could soften up. just taste test intermittently.). At this point the lentils have lost their shape and are all blended together.

Add more broth or water to thin the soup as you like.

3. Salt generously, to your preference, and serve topped with almonds and feta.