

# Greek Lentil Soup

*Try this wholesome soup made with simple ingredients on a cold winter day. Lentils do not require prior soaking and cook quickly on the stove. This is a classic Greek bean soup made delicious with the addition of plenty of garlic, oregano and olive oil. The red wine vinegar brightens the soup's flavor at the end and is a traditional ingredient.*

## **Ingredients:**

1 pound dried lentils  
4-6 quarts water  
1 can (8 ounces) tomato sauce  
1 large bay leaf  
1 teaspoon dried oregano  
4 whole garlic cloves, peeled  
1 large onion, chopped small  
1 large carrot, peeled and chopped into quarter moons  
4 quarts water (or more)  
1 teaspoon salt  
½ teaspoon pepper  
¼ teaspoon dried red chili flakes (optional)  
¼- ½ cup olive oil  
1 tablespoon red wine vinegar or to taste (optional)

## **Method:**

Sort and rinse lentils. Add lentils and the remaining ingredients, except for the vinegar, into a 6-quart pot. Bring to a boil and reduce heat to above simmer. Cook soup, stirring occasionally, until lentils are soft and soup is thickened, about 1 hour. Taste and adjust for salt and pepper. Remove bay leaf. Add red wine vinegar at the end and stir. Serve with crusty bread.