



BOILERSOURCE



Monthly Recipes

LENTIL SOUP WITH WINTER VEGETABLES

Our recipe this month is healthy and hearty! A perfect meal for post-holiday resets and cold evenings.

Green lentils, sweet parsnips, butternut squash, carrots along with fresh rosemary, bring all the flavors of the cold season together for warm and comforting vegetarian meal.

Serves 6

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 2 tablespoons olive oil
- 2 cups leek, chopped white and light green part
- 2 garlic cloves, peeled and finely chopped
- 1 cup parsnip, peeled and chopped
- 2 cups butternut squash, peeled and diced
- 1 cup carrot, peeled and chopped
- 2 tablespoons tomato paste
- 1 ½ teaspoons fresh rosemary, chopped
- 8 cups vegetable stock
- 1 cup green or brown lentils
- 1 bay leaf
- 1 teaspoon salt, to taste
- Grated Parmesan cheese

Instructions

1. To a soup pan, add the olive oil over medium heat. Add the leeks and sauté until softened, about 5 minutes. Add the garlic and cook 1 minute, stirring.
2. Add the parsnips, butternut squash and carrot, tomato paste and rosemary. Mix well.
3. Add the vegetable stock, lentils, and bay leaf. Bring to a simmer and cook for 20-25 minutes uncovered, until the lentils are tender. Taste for seasoning and add as much salt as you like to taste.
4. Serve warm topped with grated Parmesan. Crusty bread a perfect accompaniment.