Lauren's Kitchen: A Simple Soup of Lentils

Here's a wonderful way to keep your time in the kitchen to a minimum AND have a delicious bowl of goodness to serve up for your evening meal. I first learned to cook lentils from a dear Italian friend during my early days in Europe and I made her recipe for years. Then, several years later, my method was influenced by the version prepared by my German mother-in-law. What you'll find here today is a delightful hybrid that is a Hubele family standby, so simple you will want to add it to you weeknight rotation.

Ingredients:
2 heaping tablespoons of coconut oil, olive oil or ghee
½ large onion or 2 leeks, peeled and finely chopped by hand or in the food processer
½ celeriac root, peeled and finely chopped by hand or in the

food processer
3 large carrots, peeled and finely chopped by hand or in the
food processer
1 sweet red pepper, finely chopped by hand or in the food
processer
1 bay leaf
1 T of Herbes de Provence
3 cups of brown lentils (Check out this guide to lentils)
Water, enough to cover by 2-3 inches
2 vegetable bouillon cubes
Salt and pepper to taste
Optional: GF penne or other shape pasta to ladle the soup over

In large heavy pot or pressure cooker, melt oil and add
chopped vegetables one at a time, giving each some time to
brown. Once the vegetables have cooked briefly, add the bay
leaf, Herbes de Provence, and brown lentils. Cover with water.
Increase heat to bring to a boil then reduce to simmer and
cover. If using a pressure cooker, follow the manufacturer's
instructions, cooking lentils for 15-20 minutes. If using a
traditional pot, cook for 30 minutes until tender but still
holding their shape. Now add more water if desired, bouillon
cubes, and salt and pepper to taste. Because my son Sebastian
learned to love his Oma's soup ladled over freshly made
spaetzle, he would recommend putting a heaping spoonful of
gluten free pasta into your soup bowl first. But, with or
without the noodles, this is delightful.

Enjoy!