

LENTIL SOUP

IN MEMORY OF RYAN REALBUTO

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 medium carrots, peeled and chopped
- 1 large sweet potato, peeled and chopped
- 2 celery ribs, chopped
- 14-oz can crushed or diced tomatoes
- 2 cups dry red lentils
- 7 cups vegetable broth
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 3 cups baby spinach, sliced into ribbons (or substitute kale)



Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the onions, garlic, carrots, sweet potato and celery. Cook, stirring frequently for about 4-5 minutes.
2. Now add the can of tomatoes (with juices) lentils, vegetable broth, cumin, coriander and smoked paprika. Stir to incorporate everything.
3. Bring to a boil, then lower heat to a simmer and cook for about 30 minutes, until the lentils are tender and the soup has thickened. For a creamier texture, use an immersion blender to blend a few times in the pot. Alternatively, add 1-2 cups of the soup to a blender, blend until smooth and then return to the pot.
4. Stir in the spinach or kale. It will only take a minute for the spinach to wilt. Season with salt if necessary.

EMPTY BOWLS & BASKETS DINNER
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