



Easy Lentil Potato Soup

Prep 10 min

Cook 35 min

Ingredients

2 Tbsp. Oil (your choice)

3 cloves Garlic (minced)

1 Carrot (large)

2 Tbsp. Tomato Paste

¼ cup Tomato Sauce

1 ¼ cup Lentils

12 oz Potatoes (cut into bite sized pieces)

to taste Salt & Pepper

¼ tsp. Thyme

½ tsp. Oregano

4-5 cups Water/Vegetable Broth

Directions

- 1** Heat oil in a large pot or Dutch oven. Add onion and cook for 1 minute. Add garlic and carrots. Cook for 2-3 minutes, stirring frequently, to prevent burning.
- 2** Add in the tomato paste, tomato sauce and lentils. Cook for 1 minute. Add potatoes. Pour 4 cups of water on top. Add salt, pepper, thyme and oregano. Cover and bring to a boil. Reduce heat to medium-low and simmer for 25-35 minutes, until the lentils are cooked and potatoes are tender.
- 3** Taste the soup and add more salt and pepper if needed. Serve warm.