

Tomato Lentil Soup

1 T. Extra Virgin Olive Oil	1 15 oz. Can Fire Roasted Diced Tomatoes
1 Onion, diced	1 1/2 C. Lentils, rinsed and picked over for debris
1 Carrot, diced	Salt & Pepper to taste
4 Cloves Garlic, crushed	Sour Cream for garnish
1 T. Thyme leaves, fresh	
1 28 oz. Can Whole Peeled Tomatoes	

Start by heating a big pot over medium-high heat, and add the olive oil. When the oil is hot, add the onions and carrots, cooking until the onions are translucent, 6 minutes. Add in the garlic and thyme and cook for a minute more. Crush the whole peeled tomatoes with your hands, and add to the pot, along with the fire roasted tomatoes, chicken stock, and lentils. Bring mixture to a boil, and cook lentils according to package instructions, about 20-30 minutes. Once lentils are tender, blend the mixture with either a blender or immersion blender. Serve with a dollop of sour cream.

Serves 4 – 6

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