

Italian Comfort Soup



Servings: 8

3 tablespoons olive oil
3 carrots, chopped
4 celery stalks, chopped
3 garlic cloves, minced
1 onion, chopped
4 cups vegetable stock
salt and pepper, to taste
1/4 cup lemon juice
1 russet potato, diced
1 bunch kale, chopped
1 can lentils (15-ounces)

In a large pot heat olive oil over medium heat.

Add carrots, celery, garlic, and onion. Sauté until the vegetables are softened about 5-8 minutes.

Add vegetable stock, season with salt and pepper. Bring to a boil. Reduce the heat to low and simmer for 30 minutes.

Add lemon juice and potatoes. Cook for 15 minutes or until the potatoes are tender.

Stir in kale and lentils. Cook for an additional 15 minutes.

Ladle into bowls.

Serve

To Freeze: Cool the soup to room temperature and portion into Ziploc Freezer Bags. Freeze flat on a cookie sheet. Once frozen remove the soup from the cookie sheet and store the soup flat in your freezer for up to 4 months.

Per Serving (excluding unknown items): 99 Calories; 5g Fat (46.6% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 363mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 35mg Calcium; 1mg Iron; 309mg Potassium; 43mg Phosphorus.
Exchanges: .