

Classic Vegetable Minestrone with Lentils

Recipe by Danielle Premo

Once autumn comes around, I crave soups and stews constantly. This recipe has become one of my favorites. A big bowl of this and a nice green salad are perfect meal.

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves 6 to 8

Ingredients

3 tablespoons grapeseed oil
2 yellow onions, diced
1 teaspoon ume plum vinegar
3 teaspoons salt, divided
5 celery stalks, chopped
5 carrots, chopped
1 zucchini, diced
1 ½ cups gray-green lentils

4 cups vegetable stock
32 ounce can diced tomatoes
¼ cup red wine
1 tablespoon fresh thyme, chopped
1 teaspoon oregano, dried
1 teaspoon pepper
2 cups gluten-free macaroni shells, cooked (optional)

Directions

1. Heat a large stock pot on medium heat. Add the grapeseed oil, onions, ume plum vinegar and 1 teaspoon salt. Cook for about 5 to 7 minutes, until the onions are soft. Then add the celery and carrots and cook for another 3 to 5 minutes.
2. Add zucchini and lentils. Stir in, and cover with the soup stock. Bring to a boil then reduce to a simmer for 15 to 20 minutes until the lentils are almost cooked through. Then add diced tomatoes, red wine, thyme, oregano, and pepper. Bring to a boil again then reduce to a simmer for at least 15 minutes before serving.
3. Serve over the cooked macaroni shells if using pasta.

Class recipes can be found at www.evergreenhealth.com/recipes