

Lentil Soup

Ingredients:

- * 1 tbsp olive oil
- * 3 onions, coarsely chopped
- * 2 cups dried lentils, rinsed
- * 2 medium carrots, chopped
- * 3 garlic cloves, finely chopped
- * 1 15-ounce can of tomato sauce
- * 2 tbsp chopped fresh oregano
- * 6 - 8 cups of water
- * 1 large bay leaf
- * 1/4 cup wine vinegar
- * 1 whole potato, boiled and mashed
- * Salt & freshly ground pepper to taste



Directions:

In a large soup pot, add all the ingredients except for the wine vinegar and potato. Cover, bring to a boil, reduce heat to low and simmer for 1 - 1.5 hours, or until lentils are very tender. Add more water if necessary. Before removing from heat, add the wine vinegar, and, if desired, the mashed potato. Season with salt and pepper to taste.

