



Italian Lentils

Yield: 4 Servings

Cost Per Serving: \$0.57

Cook Time: 40 minutes

Ingredients:

- 1 ½ cups dried brown lentils (drained and rinsed)
- 1 onion (finely chopped)
- 1 carrot (finely chopped)
- 1 celery rib (finely chopped)
- 4 Tbsp olive oil (divided)
- 2 tbsp tomato paste
- 5 cups water
- 1 bay leaf
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 pinch salt
- 1 handful fresh parsley (chopped)

Directions:

1. Place the onion, carrot, and celery in a large saucepan or soup pot with 2 tablespoons of olive oil. Sauté gently on low heat until the vegetables are very soft and the onion is somewhat translucent, but not colored. Add the bay leaf, rosemary, thyme, tomato paste, dry lentils, and 5 cups of water.
2. Bring to a boil and then turn the heat down to a gentle simmer and cook until the lentils are tender but retain their shape (this can take as little as 20 minutes to upwards of 35 minutes, depending on the lentils).
3. Keep checking them and add more water if necessary. Add salt to taste only once the lentils are tender, otherwise, they will remain tough. Stir through the chopped parsley and serve as you like.

*Based on Walmart prices 12/22