

Lentil Vegetable Soup

By Heather McDougall on May 21, 2014

This lentil vegetable soup is a favorite of my boys and so easy to make. I think one of the reasons they like it, is because I chop all of the vegetables really small. And, like most of the soups I make, if you don't have an ingredient, such as carrot or spinach, leave it out or substitute another favorite ingredient. From drmcDougall.com



Serves 6

Preparation Time: 15 minutes

Cook Time: 2 hours

INGREDIENTS:

- 2 small onions, finely chopped
- 2 carrots, finely chopped
- 6 small white potatoes, finely chopped
- 1 16-ounce bag brown lentils
- 1 15.5-ounce can fire roasted tomatoes, diced
- 8 cups vegetable broth or water
- 1-2 cups finely chopped spinach
- salt and pepper to taste

Instructions:

1. Combine all ingredients, except the spinach, and cook on low for 2 hours.
2. Add the spinach about 5 minutes before the soup is done. Season to taste with salt and pepper.

Find this recipe and more in the [Forks Over Knives Recipe App](#).