

Hearty Vegan Lentil Soup: A Nutritious and Delicious Comfort Food

The Humble Power of Lentils in Soup



TIME

8-10 min

PRINT

Recipe Card

SAVE

PDF

SOURCE

ChefManiac

INGREDIENTS

- 1 tablespoon olive oil
- 1 large yellow onion, chopped
- 2 stalks celery, chopped
- 2 medium carrots, chopped
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon red pepper flakes (optional, for a little warmth)
- 1 1/2 cups brown or green lentils, rinsed well
- 1 (28 ounce) can crushed tomatoes
- 6 cups vegetable broth (low sodium recommended)
- 1 bay leaf
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1 cup chopped fresh spinach or kale (stems removed), optional
- 2 tablespoons fresh parsley, chopped, for garnish
- Optional: A squeeze of fresh lemon juice for brightness

DIRECTIONS

1. Let's get this hearty vegan lentil soup simmering!
2. Saut  Aromatics: In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium heat. Add the chopped onion, celery, and carrots. Cook for 8-10 minutes, stirring occasionally, until the vegetables are softened.
3. Add : Garlic & Spices: Stir in the minced garlic, dried thyme, dried rosemary, and red pepper flakes (if using). Cook for 1 minute until fragrant.
4. Add : Lentils & Tomatoes: Stir in the rinsed brown or green lentils and the crushed tomatoes. Cook for 2-3 minutes, stirring to combine.
5. Add : Broth & Simmer: Pour in the vegetable broth and add the bay leaf. Stir well, scraping up any browned bits from the bottom of the pot. Bring the mixture to a boil.
6. Simmer & : Cook Lentils: Once boiling, reduce the heat to low, cover the pot, and let it simmer for 30-45 minutes, or until the lentils are tender. The cooking time will vary based on the freshness of your lentils. Stir occasionally to prevent sticking.
7. Add : Greens (Optional): If using, stir in the fresh chopped spinach or kale during the last 5 minutes of cooking, just until wilted.
8. Finish & : Serve: Remove the bay leaf. Taste and adjust seasoning with salt and black pepper as needed. Stir in a squeeze of fresh lemon juice (if using) for brightness. Ladle into bowls, garnish with fresh chopped parsley, and serve hot.

SWAPS & NOTES

, combining them with classic aromatic vegetables (mirepoix), tomatoes for acidity, and robust herbs.

It's a testament to how simple, wholesome ingredients can come together to create a deeply flavorful, incredibly nourishing, and universally comforting meal that's both accessible and delicious.

Red lentils cook much faster and will create a creamier, mushier texture if used.

Do not use black (Beluga) lentils, as they retain their shape too much.

TIPS FOR SUCCESS

Rinse Lentils: Always rinse your lentils thoroughly before cooking to remove any debris or dust.

Sauté Veggies Properly: Taking the time to soften and slightly caramelize your onions, celery, and carrots builds a strong flavor base for the soup.

Don't Overcook Lentils: While lentils are forgiving, overcooked lentils can become completely mushy. They should be tender but still have a slight bite.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/hearty-vegan-lentil-soup-a-nutritious-and-delicious-comfort-food/>