

Easy One-Pot Lentil Soup: A Hearty, Budget-Friendly Meal for Busy Nights

Easy One-Pot Lentil Soup: The Cozy, Nourishing Dinner I Keep Coming Back To



TIME
5 to 6 min

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INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 carrots, peeled and sliced
- 2 celery stalks, sliced
- 3 cloves garlic, minced
- 1 1/2 cups dried brown or green lentils, rinsed
- 1 can diced tomatoes
- 6 cups vegetable broth or chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 bay leaf
- 1/2 teaspoon smoked paprika
- Salt and black pepper, to taste
- 2 cups chopped spinach or kale, optional
- 1 tablespoon lemon juice, optional for brightness
- Fresh parsley, for garnish

DIRECTIONS

- Saut  the vegetables:** Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion, carrots, and celery. Cook for 5 to 6 minutes, stirring occasionally, until the vegetables begin to soften. Add the garlic and cook for another 30 seconds.
- Add the lentils and seasonings:** Stir in the rinsed lentils, diced tomatoes, thyme, oregano, bay leaf, smoked paprika, salt, and pepper. Pour in the broth and stir everything together.
- Simmer until tender:** Bring the soup to a boil, then reduce the heat to low. Cover loosely and simmer for 30 to 35 minutes, or until the lentils are tender and the flavors have blended together.
- Finish the soup:** Remove the bay leaf. If using spinach or kale, stir it in during the last 5 minutes of cooking until wilted. Taste and adjust the seasoning as needed. Add a splash of lemon juice if you want a brighter finish.
- Serve warm:** Ladle the soup into bowls and top with chopped parsley. Serve hot with crusty bread or crackers.

SWAPS & NOTES

Brown or green lentils are the best choice here because they hold their shape nicely during cooking.

Red lentils cook much faster and tend to break down more, which creates a different texture.

If you want a richer flavor, use chicken broth.

For a vegetarian version, vegetable broth works beautifully.

TIPS FOR SUCCESS

The biggest key to great lentil soup is building flavor early.

Taking a few extra minutes to sauté the onions, carrots, and celery before adding the broth gives the soup a much deeper, more homemade taste.

Be sure to rinse your lentils before using them.

This helps remove any dust or debris and gives you a cleaner final dish.

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

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