

## Winter Lentil Soup

March 2006

### INGREDIENTS

- 1       tablespoon olive oil
- 4       leeks (white and light green parts), cut into 1/4-inch-thick half-moons
- 1       28-ounce can whole tomatoes, drained
- 2       sweet potatoes, peeled and cut into 1/2-inch pieces
- 1       bunch kale, thick stems removed and leaves cut into 1/2-inch-wide strips
- 1/2     cup brown lentils
- 1       tablespoon fresh thyme
- Kosher salt and black pepper
- 1/4     cup grated Parmesan (1 ounce; optional)

### DIRECTIONS

1. Heat the oil in a large saucepan or Dutch oven over medium heat. Add the leeks and cook, stirring occasionally, until they begin to soften, 3 to 4 minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes.
2. Add 6 cups water and bring to a boil. Stir in the sweet potatoes, kale, lentils, thyme, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. Simmer until the lentils are tender, 25 to 30 minutes.
3. Spoon into bowls and top with the Parmesan, if using.

By Sara Quessenberry

