



DR. SINATRA'S

LENTIL CARROT SOUP

Lentils are used in inexpensive and nutritious soups from India to Europe to South America. This robust soup requires only a few steps to prepare, and can also be spooned over vegetables, pasta, rice, even seafood. Thick, flavorful and earthy, this soup is loaded with carrot's sight-healing beta-carotene.

- 1 teaspoon [extra-virgin olive oil](#)
- ½ cup chopped white [onions](#)
- 1 tablespoon tomato paste
- 1 tablespoon minced [garlic](#)
- 1 large [carrot](#), peeled and thinly sliced
- 1 cup dried red or green lentils
- 1 quart low-sodium vegetable stock
- ½ teaspoon salt

Heat the olive oil in a stockpot over medium-high heat. Add the onions and sauté until they are translucent, about 7 minutes. Add the tomato paste, garlic, carrot, lentils, vegetable stock and salt. Cook for 30 minutes, or until the lentils and carrots are tender. Adjust seasonings and serve from the pot. Serves 4.