



Easy One-Pot Lentil Soup with Bone Broth



4-6 servings



35 minutes

INGREDIENTS

1 cup dried brown or green lentils, rinsed	1 (14–15 oz) can crushed tomatoes
1 medium onion, diced	1 teaspoon dried oregano
2 carrots, sliced	1 bay leaf
2 cloves garlic, minced	Salt and black pepper, to taste
3 tablespoons olive oil	Optional: lemon wedges, fresh parsley, olive oil
4 cups bone broth (chicken or beef)	
2 cups water	

1. Heat olive oil in a large pot over medium heat. Add onion and carrots; cook until softened, about 5–7 minutes. Stir in garlic.
2. Add lentils, bone broth, water, crushed tomatoes, oregano, bay leaf, salt, and pepper. Bring to a boil.
3. Reduce heat and simmer uncovered for 30–35 minutes, until lentils are tender.
4. Remove bay leaf. Adjust seasoning and serve warm.

NOTES

- For thicker soup, simmer longer or lightly mash some lentils.
- Freezer-friendly up to 3 months.
- Slow cooker: low 6–7 hours or high 3–4 hours.
- Season generously: garlic powder, onion powder, paprika, a dash of turmeric would add some amazing flavor to this dish