

Tomato and Spinach Lentil Soup

Makes 4-6 Servings

Ingredients

- ☐ 3/4 cup lentils
- ☐ 2 (10.75-ounce) cans tomato soup
- ☐ 1 1/2 cups water
- ☐ 2 large carrots, cut into 1/4-inch slices
- ☐ 3 cups packed spinach
- ☐ 2 teaspoons chopped fresh parsley or 1 teaspoon dried parsley (optional)

Directions

1. Rinse lentils in a fine mesh strainer under cold running water, removing any dirt or rocks. Mix soup, 1 1/2 cups water, lentils and carrots in a large saucepan over medium high heat. Turn heat to low and cook, covered, until lentils and carrots are soft, about 17 to 20 minutes.
2. Stir in spinach and cook until wilted, about 1 to 2 minutes. Garnish with parsley (if using) and serve.



Recipe from: Feeding Pennsylvania and PA Eats