

## Lentil Tomato Soup

4 cups lentils, picked over  
4 Tablespoons extra virgin olive oil  
4 medium onions, chopped  
8 garlic cloves, minced  
4 carrots, diced  
4 stalks of celery, diced  
Salt to taste  
1 28-ounce can diced tomatoes, with juice  
1 28-ounce cans chopped tomatoes, with juice  
up to 20 cups water, vegetable broth or combination – start with 16 cups  
bouquet garni made with 8 sprigs rosemary and 4 bay leaves  
Freshly ground pepper to taste  
Grated Parmesan or Gruyère for serving  
4 to 8 Tablespoons chopped flat-leaf parsley

Heat olive oil on medium. Add onion and a little salt. Cook, stirring, until tender, 5 mins.

Add garlic, carrot, and celery. Cook another 5 min until tender.

Add tomatoes and bouquet garni, and cook, stirring often, until tomatoes smell fragrant, about 10 mins.

Add lentils, water, and salt to taste. Bring to a boil. Reduce heat, cover and simmer gently about 45 mins. Taste and adjust seasonings.

Remove bouquet garni and stir in parsley. Serve, garnishing each bowl with Parmesan or Gruyère.