

French Lentil Soup with Chicken

Adapted from: *Bon Appetit*, December 2006
Category: Soup

Servings: 6
Prep time: 1 hour

Ingredients

3 Tablespoons extra-virgin olive oil	1 (14.5-oz) can diced tomatoes in juice
2 cups chopped onion	Balsamic vinegar (<i>optional</i>)
2 cups chopped celery stalks	2 (8-oz) chicken breasts, diced
1 cup chopped carrots	
4 cups (or more) vegetable broth	
1 ¼ cups lentils, rinsed, drained	

Instructions

Heat oil in heavy large saucepan over medium-high heat. Add chicken to saucepan and brown on all sides. Add onions, celery, carrots, and garlic. Sauté until vegetables begin to brown and chicken cooks thoroughly (white through the center), about 15 minutes. Add 4 cups broth, lentils, and tomatoes with juice and bring to boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 35 minutes.

Transfer 2 cups soup (mostly solids) to blender and puree until smooth. Return puree to soup in pan. Thin soup with more broth by ¼ cupfuls, if too thick. Season with salt, pepper and a splash of vinegar, if desired.

Ladle soup into bowls. Garnish with celery leaves.

Nutritional Facts Per Serving

<i>Serving Size: 2 cups</i>
Sugar:Fiber = 1.3:1
Mono:Sat = 1.1
Calories: 230
Carbohydrates (g): 21
Fat (g): 9
Cholesterol (mg): 40
Protein (g): 18
Sodium (mg): 1480

