# Hearty Lentil Soup

## INGREDIENTS

- 2 tbsp coconut oil or butter
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- ½ onion, chopped
- ¼ cup apple cider or white wine vinegar
- 2 cups uncooked lentils, rinsed
- 2 medium potatoes, chopped
- 6 cups veggie or chicken broth
- 1 bay leaf
- 1 tsp each dried marjoram and thyme
- salt and pepper to taste
- ½ cup (120 ml) full-fat coconut milk
- 4 large handfuls of fresh spinach/ kale
- garnish with olive oil, lemon juice, chili, and fresh coriander.

## DIRECTIONS

1. In a soup pot or good-sized saucepan, melt the butter or coconut oil over medium heat. Add the celery, carrots, and onion and saute for 10 minutes, until they are soft. Drizzle in the vinegar and stir to deglaze the pan.
2. Stir in the lentils, potatoes, broth, bay leaf and spices and let simmer for 45 minutes.
3. Stir occasionally and keep your eye on the pot, adding extra broth when needed so there's enough liquid to cover the mixture.
4. When the lentils are cooked, stir in the coconut milk.
5. Just before serving, garnish with olive oil, lemon juice. fresh coriander and chili.

*Serving: 6*