

# Lentil & Bulgur Soup

written by admin | January 9, 2012



Simple yet substantial, this warming soup combines vegetables with whole-grain bulgur and fiber-rich lentils for a hearty main course. Serve with a big salad and toasted pitas. The recipe says it serves 4, but I have to double it to serve 4 in my house!

## **Equipment:**

Chopping Board  
Medium Saucepan

## **Ingredients:**

2 Tbsp olive oil  
1 medium carrot, finely chopped  
1 celery stalk, finely chopped  
1 shallot, thinly sliced (I used yellow onion)  
6 cups water  
1 cup green or brown lentils, rinsed and picked over  
1/2 cup bulgur wheat  
2 to 3 Tbsp lemon juice (optional)  
sea salt to taste

## **Directions:**

1. Heat oil in a medium saucepan over medium heat. Cook carrot, celery, and shallot until tender, about 6 minutes. Add water and lentils and bring to a boil. Reduce heat and simmer, partially covered, until lentils are tender, about 20 minutes.

2. Stir in bulgur wheat and cook, partially covered, until bulgur is tender but still slightly chewy, about 5 minutes.
3. To serve, season with sea salt and drizzle with lemon juice to taste.

from *Martha Stewart Living*, March 2010