

## Lentil Soup



### Serves 8

2 tbsp olive oil  
2 cups chopped onions  
3 carrots coarsely grated  
 $\frac{3}{4}$  tsp crumbled thyme leaves  
 $\frac{3}{4}$  tsp crumbled marjoram

1 28-oz can tomatoes with its juice; coarsely chopped tomatoes  
7 cups vegetable broth  
1  $\frac{1}{2}$  cups dried lentils, rinsed and picked over  
 $\frac{1}{4}$  cup pot barley

$\frac{1}{4}$  -  $\frac{1}{2}$  tsp fresh ground black pepper  
 $\frac{1}{2}$  cup Apple cider vinegar; or to taste  
 $\frac{1}{3}$  cup fresh chopped parsley (or 2 tbsp dry)

- Heat oil in a large saucepan, and sauté onions, carrots, marjoram, and thyme; stir for about 5 minutes
- Add tomatoes, broth, lentils, and barley
- Bring soup to a boil, reduce heat, cover pan, and simmer for about 1 hour or until lentils are tender
- Add salt, pepper, vinegar, and parsley; simmer for a few minutes