

Roasted Poblano Lentil Soup

Ingredients

2 Poblano Peppers	4 c Chicken Broth
3 c Water	1 1/2 c Green Lentils (rinsed and
drained)	3 T Olive Oil
1 Onion (chopped)	2 Celery Ribs (chopped)
1 Carrot (chopped)	4 clv Garlic (chopped)
2 t Cumin	1/2 t Dried Oregano
3 Bay Leaves	1 T Red Wine Vinegar
2 t Kosher Salt	1/2 t Ground Black Pepper
1 c Spinach (chopped)	1/4 c Cilantro (chopped)

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Instructions

- 1.Heat the olive oil over medium heat in a large soup pot. Add the chopped onion, carrot and celery and cook until tender, about 5 minutes. Add garlic, cumin, oregano and pinch of both salt and black pepper to the pot. Stir and let cook another 3-5 minutes until the mixture is well combined and very fragrant.
- 2.Add the bay leaf, 2 teaspoons salt and 1/2 teaspoon pepper, chicken broth, 2 cups water and lentils to the pot and bring to a full boil, then reduce the heat to a simmer. Let the pot simmer for about an hour or until the lentils are soft.
- 3.While the soup simmers, char each side of the pepper on a gas burner until they are completely black. Once charred, put the peppers in a glass bowl and cover with plastic wrap. Let steam for 20 minutes or until cool enough to handle.
- 4.Peel all of the char off of the peppers (a paper towel works well for this), then seed and stem the peppers.
- 5.Once the lentils are soft, discard the bay leaves. Use an immersion blender to puree the soup halfway with the two roasted peppers. Add 1 cup of water to thin out the soup.
- 6.Add spinach to the soup and heat for 2 more minutes. Stir in cilantro and serve

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immediately.