

Italian Lentil Soup



4.93 from 40 votes

This hearty Italian Lentil Soup recipe is easy to make, naturally gluten-free, and full of the best Italian flavors!

Prep Time 15 mins	Cook Time 40 mins	Total Time 55 mins
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Course: Soup Cuisine: Italian Keyword: gluten free, vegan, vegetarian Servings: 8 -10 servings
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Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large white onion diced
- 2 carrots diced
- 2 celery stalks diced
- 4 cloves garlic minced
- 6 cups vegetable or chicken stock
- 1 1/4 cups green or brown lentils picked over and rinsed
- 1 (28-ounce) can fire-roasted diced tomatoes
- 2 bay leaves
- 1 tablespoon Italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 2 cups chopped kale or collard greens
- 1/2 cup chopped fresh basil plus extra for topping
- fine sea salt and freshly-ground black pepper
- freshly-grated Parmesan cheese for topping

Instructions

1. **Sauté veggies.** Heat oil in a large stockpot over medium-high heat. Add onion, carrots, celery, and sauté for 6-7 minutes, stirring occasionally, until the onion is soft and translucent. Add garlic and sauté for an additional 2 minutes, stirring occasionally.
2. **Add the broth, lentils and seasonings.** Add the stock, lentils, tomatoes, bay leaves, Italian seasoning, crushed red pepper flakes, and stir to combine. Continue cooking until the mixture reaches a simmer.
3. **Simmer.** Reduce heat to medium-low, cover and simmer for 25-30 minutes or until the lentils are tender and cooked through, stirring occasionally.
4. **Add the greens and season.** Remove and discard the bay leaves. Stir in the kale and basil until combined. Taste and season with salt, black pepper, and/or extra Italian seasoning as needed.
5. **Serve.** Serve warm, garnished with lots of Parmesan cheese and extra basil. Enjoy!

Italian Lentil Soup - <https://www.gimmesomeoven.com/italian-lentil-soup-recipe/>

