

## Lentil Soup

(Serves 4)

A hearty, satisfying lentil soup for those chilly winter days. If you want to make it vegan, omit the bacon, and use vegetable stock instead of chicken stock. You can also add 1-2 cups of diced carrots before you lock the pressure cooker lid on. If you make this without the bacon but still want a smoky flavour, you can add about 1 1/2 teaspoons smoked paprika to the onions and garlic while they are sautéing.



REAL  
FOOD  
Made Easy

- 3-4 strips bacon, cut into lardons
- 1 large onion, finely diced
- 3-4 large garlic cloves, minced
- 1 teaspoon salt
- 1 cup French Lentils (Lentils de Puy)
- 1 14 1/2 oz. can diced tomatoes (low sodium)
- 6 cups chicken stock
- 1/2 cup white wine (optional)
- 1 teaspoon dried thyme
- 2 whole bay leaves

Over medium heat in a pressure cooker at least 4 quarts, cook the bacon until the fat is rendered out and it starts to brown slightly. Add the onion, garlic and salt and sauté until the onions are translucent. Add all the other ingredients and lock the lid on the pressure and cook under pressure for 25 minutes. Bring the pressure down and remove the lid.

- 1 tablespoon Sherry vinegar or Balsamic vinegar

Taste for seasoning and add more salt if needed. Stir in the vinegar just before serving.