



Dr. Gates' Kale & Lentil Soup

Servings: 10 | Prepping Time: 35 min | Slow Cooking Time: 2 hours

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1/2 shallot (or 4 green onions), chopped
- 2 stalks celery, chopped
- 4 fresh bay leaves
- 4-5 peeled garlic cloves, minced in garlic press
- 1.5 cups of rinsed French or green lentils (I just use an entire one pound bag of organic green lentils)
- One 32oz container of no salt added vegetable broth
- 4 cups of water
- At least 8 sprigs fresh thyme leaves
- 2-3 cups kale, roughly chopped (I use 3/4 of a bag of pre-washed chopped kale and tear off any large stems)
- *Can add salt—but with time, I grew to like my soup without salt (but that did take time!)

INSTRUCTIONS

1. Warm your oil in a large pot over low heat with the 4-5 peeled cloves of garlic, and 3-4 sprigs of fresh thyme. Warm until you can smell the fragrance of the thyme.
2. Turn off heat and remove the garlic and set to the side and throw away the sprigs of thyme that have been used to flavor the extra virgin olive oil.
3. While pot is still warm, add your rinsed lentils to the pot and coat them with the oil.
4. Add the 32 oz of vegetable broth, and 4 cups of water to the pot.
5. Take the previously heated peeled garlic and mince with a garlic press and put it directly into the pot and stir.
6. Add the 4 bay leaves, and at least 8 sprigs of thyme leaves. I remove the leaves by sliding my fingers down the stem—I only put the leaves in my soup.
7. In a separate pan, sauté the green onions or shallots and celery until the onions or shallots have softened--about 2 minutes, then add to pot.
8. Bring the pot to a boil, then reduce to a simmer and cook for 25 to 50 minutes.
9. If you want to add salt, do so at the end of cooking to prevent the lentils from getting tough and to limit amount of salt needed to add taste.
10. Remove the bay leaves once lentils are cooked.
11. After removing the bay leaves, mix in the chopped kale right before serving.

DR. GATES' NOTES:

- I make my soup in a slow cooker and set it to its lowest time of 2 hours and I coat the lentils with the oil in a separate pan, then add it to the crockpot (this was easier for me).
- My husband and I love to eat this soup with cornbread, and sometimes we will add chia seeds to our cornbread as an easy way to get more fiber without impacting taste.
- I use Bonafide No Salt Added Vegetable Broth and Farmers We Know Organic Green Lentils –I get both from Sprouts. Different types of lentils can have a different texture and taste. I liked these green lentils much more than some French Lentils I tried. So, if you don't like the soup, try to make it with a different type/brand of lentils because this will most impact the taste.
- I get my pre-washed and chopped Kale from Trader Joe's –they sell it cheaper than some of the other grocery stores.
- Using fresh thyme is important, and I have found that my soup is better when I use garlic I bought the same day–but it may not matter if you use dried bay leaves rather than fresh.
- This soup stays good for 5-7 days, (we usually eat it for a full week) and it heats up well and makes for very convenient leftovers.



PLANTS OVER PILLS

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