

Lentil, Chestnut Mushrooms and Amaranth Winter Soup

Ingredients

- 1 TPSB olive oil
- 2-3 carrots, diced
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 cup of chestnut mushrooms (or shiitake, bunapi, crimini), cleaned and with the ends of the stems cut off
- 8-10 cups of vegetable broth/water, depending on how much broth you like
- ½ cup of white wine
- 2 bay leaves
- 1 cup small green lentils
- ½ cup amaranth grain
- 4-5 kale, chard or other hearty green leaves chopped into bite sized pieces (about 2 cups chopped)
- Salt and pepper, to taste

Steps

1. Heat the oil in a large pot, before adding the carrots, onions and garlic and mushrooms. Cook for 2-3 minutes before adding the vegetable broth, wine, bay leaves and lentils. Bring to a boil, reduce to a simmer, cover and let cook for 20 minutes.
2. After 20 minutes, add the amaranth and greens. Cover again and allow to cook for an additional 20 minutes.
3. Taste the lentils- if they are soft enough, remove from the heat and season to taste with salt and pepper. If not, allow to cook for another 5-10 minutes, until they are soft.

