

GREEK LENTIL SOUP (FAKÉS)

Lentils and beans play an important role in the plant-based diet of Greece. Every family in Greece makes a lentil soup similar to this. This particular recipe comes from my husband's grandmother in southern Greece. Don't skip the vinegar at the end; it brings out the flavor of the other ingredients and gives it the acidity it needs.

Ingredients:

- 1 pound dried brown lentils
- 8-10 cups water
- 1 cup (8 ounces) tomato sauce or crushed tomatoes
- 1 large bay leaf
- 1-2 teaspoons dried oregano
- 4 whole garlic cloves, peeled
- 1 large onion, chopped small
- 1 large carrot, peeled and sliced into half moons
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon dried red chili flakes (optional)
- ¼- ½ cup olive oil
- 1-2 tablespoons red wine vinegar or to taste

Method:

Sort and rinse lentils. Add lentils and the remaining ingredients except for the vinegar, into a 6-quart pot. Water should cover the lentils by about 3 inches. Add more water, if needed. Bring to a boil and reduce heat to above medium. Cook soup, stirring occasionally, until lentils are soft and soup is thickened, about 45 minutes- 1 hour. Taste and adjust for salt and pepper. Remove bay leaf. Add red wine vinegar at the end and stir. Serve with crusty bread.



Nutrition Facts	
12 servings per container	
Serving size 1 1/4 cups (287g)	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.7mg	15%
Potassium 300mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.