



AULTCARE WELLNESS RECIPE



LENTIL & ROOT VEGGIE SOUP

Ingredients:

3 cups chopped peeled celeriac (celery root)

2 cups chopped parsnips

1 cup chopped carrot

1 cup frozen pearl onions

1 stalk celery, chopped

2 plum tomatoes, seeded and chopped

3 cloves garlic, minced

2 teaspoons herbes de Provence

8 cups low-sodium chicken broth or vegetable broth

1 cup French green lentils or black lentils, rinsed

1 sprig fresh rosemary

1 tablespoon 1 (3 inch) rind Parmesan cheese plus
½ cup shredded Parmesan, divided

1 bay leaf

1 teaspoon salt

½ teaspoon ground pepper

4 ounces pancetta, crisp-cooked and crumbled (Optional)

Total time: 4.5 hours

Prep time: 30 minutes

Servings: 8

Instructions:

Step 1:

Combine celeriac, parsnips, carrot, pearl onions, celery, tomatoes, garlic and herbes de Provence in a 5- to 6-quart slow cooker. Add broth, lentils, rosemary, Parmesan rind, bay leaf, salt and pepper. Cover and cook on High 4 1/2 hours or on Low for 8 hours.

Step 2:

Remove the rosemary, Parmesan rind and bay leaf. Serve the soup topped with shredded cheese and garnished with pancetta, if desired.

Tips:

To make ahead: Chop celeriac, parsnips, carrot, celery and tomatoes and combine with onions and minced garlic. Refrigerate for up to 1 day.

Equipment: 5 to 6 quart slow cooker