

Slow-Cooker Lentil, Carrot, & Potato Soup

Puréeing some of the lentil-vegetable mixture, and then combining it with the remaining vegetables and lentils gives the soup a texture that satisfies those who love a creamy soup and those who prefer it chunky.

Ingredients:

4 cups unsalted vegetable stock

4 cups water

2 cups chopped peeled sweet potato

2 cups sliced carrots

2 cups chopped peeled russet potato

1 ½ cups dried green lentils

1 ½ cups chopped yellow onions

1 cup chopped celery

2 tablespoons minced garlic

4 fresh thyme sprigs

1 bay leaf

1 ⅛ teaspoons kosher salt

1 teaspoon black pepper

6 tablespoons olive oil

3 tablespoons apple cider vinegar

¼ cup chopped fresh flat-leaf parsley

Directions:

Stir together the stock, water, sweet potato, carrots, russet potato, lentils, onions, celery, garlic, thyme sprigs, bay leaf, salt, and pepper in a 5- to 6-quart slow cooker. Cover and cook on LOW until the vegetables and lentils are tender, 7 to 8 hours. Remove and discard the thyme sprigs and bay leaf.

Place the oil and 4 cups of the soup in a blender. Remove the center piece of the blender lid (to allow steam to escape); secure the blender lid on the blender. Place a clean towel over the opening in the lid (to avoid splatters). Process until smooth. Return the pureed soup to the slow cooker; stir in the vinegar. Ladle the soup into bowls, and sprinkle evenly with the parsley.

[Multicooker Directions: In Step 1, stir together the stock, water, sweet potato, carrots, russet potato, lentils, onions, celery, garlic, thyme sprigs, bay leaf, salt, and pepper in the inner pot of a 6-quart multicooker. Lock the lid; turn Pressure Valve to “Venting.” Cook on SLOW COOK [Normal] until the vegetables and lentils are tender, about 8 hours. Remove and discard the thyme sprigs and bay leaf. Turn off the cooker. Complete Step 2.]

