

Easy Ratatouille Lentil Soup Recipe

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 2 Tablespoons olive oil
- 1 eggplant
- 1 teaspoon salt
- 1 zucchini, sliced and quartered
- 1 summer squash, sliced and quartered
- 1 medium onion, roasted or diced
- 2 Roasted peppers, canned or fresh
- 3 garlic cloves, minced or grated
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 quarts vegetable broth
- 1- 14.5 ounce can crushed tomatoes
- 1 cup uncooked dried lentils
- 1/2 teaspoon fresh ground pepper
- 2 tablespoons balsamic vinegar

Directions:

Roast the peppers. Preheat the oven to 400 degrees. Place the peppers on a parchment paper lined sheet pan. Roast for 10 minutes, flip, then roast for another 10 minutes. Cool, then peel the peppers. Dice the roasted peppers. Alternatively, you can use canned roasted peppers.

Slice the eggplant and salt the slices on both sides. Allow the salted eggplant to sit for 15 minutes. This will draw out the bitter flavor. Rinse the eggplant and cut into 1/2 inch cubes.

In a large stockpot, sauté the eggplant until just starting to soften. Add the diced onion, zucchini and summer squash. Add additional oil if needed to prevent sticking. Sauté until slightly softened.

Now add the crushed tomatoes, roasted peppers and onions. Season with garlic, basil, and oregano. Mix well.

Rinse the lentils.

Mix in the broth and lentils. Bring to a boil. Reduce heat to a simmer, stirring occasionally until lentils are tender, approximately 40 minutes.

Lastly, add the vinegar and fresh ground pepper. Serve with crackers or fresh bread.