

German Lentil Soup

Ingredients

4 slices thick bacon, nitrate-free

2 small/1 large yellow onion, peeled and chopped

6 medium carrots, peeled and diced or thinly sliced

3 garlic cloves, peeled and finely minced by hand or in a garlic press

6 medium potatoes, peeled or scrubbed and diced (you can leave the skin on)

2 bay leaves

2 tsp cumin

1/8 tsp nutmeg (freshly grated is best)

1 1/2 tsp dried (not ground) thyme

2 cups/450 grams of green or brown lentils, soaked for 12-24 hours, drained, and rinsed (you can also use sprouted lentils to skip the soaking step)

6 cups/1.4 liters chicken or beef stock or a combination of water and stock (use 8 cups/1.9 liters if you did not soak the lentils or use sprouted lentils)

Instructions

In a large pot over medium heat, cook the bacon until crispy, flipping as needed to cook evenly. Remove the bacon, place on towel lined plates and then crumble when cooled. Drain all but 2 tablespoons of the extra bacon grease from the pan. Over medium to medium-high heat, saute the onions, carrots, and garlic in the bacon grease for about 5 minutes or until softened.



Stir as needed to prevent burning. Add the potatoes, bay leaves, cumin, nutmeg, thyme, soaked (or sprouted) lentils, crumbled bacon, and broth/water. Bring the soup to a boil, turn the heat to low and cover.

Cook for 45-60 minutes or until the lentils are soft. Add up to 2 cups more water or broth if using unsoaked or sprouted lentils. Add more water as needed if the soup becomes too thick. Salt and pepper to taste and serve.

Serving Suggestions for German Lentil Soup

Kimi suggests adding a drizzle of balsamic vinegar to the soup if you desire a little more tang after tasting it. You can sprinkle a bit of Parmesan or a similar cheese in each individual bowl or provide the cheese at the table for family or guests that would enjoy it.