



Greek Lentil Soup

with Feta-Garlic Flatbread



30-40min



2 Servings

This hearty soup is downright cozy. Lentils simmer with carrots, onions, garlic, and celery in a rich tomato broth. Freshly squeezed lemon juice and feathery dill, two mainstays of Greek cooking, provide bright flavors to finish the dish. Toasted, feta-topped pita is served alongside.

What we send

- 1 yellow onion
- garlic
- 1 small bag carrots
- 1 small bag celery
- 3 oz French green lentils
- 6 oz tomato paste
- ¼ oz fresh dill
- 1 lemon
- 2 (2 oz) feta ¹
- 2 Mediterranean pitas ^{2,3,4}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot with lid
- rimmed baking sheet

Allergens

Milk (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 31g, Carbs 73g, Protein 28g



1. Prep ingredients

Finely chop **onion**. Finely chop **1 teaspoon garlic**. Scrub **carrot**, then thinly slice. Trim ends from **celery**, then thinly slice.



2. Sauté aromatics

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **onions, carrots, celery**, and **half of the garlic** to the pot; season with **salt** and **pepper**. Cook, stirring, until softened, about 5 minutes.



3. Add lentils

Stir **lentils** and **4 cups water** into the pot; cover and bring to a boil over high heat. Reduce heat to medium, then cook, partially covered, until lentils are tender, about 20 minutes. Stir **2 tablespoons tomato paste** into soup, then simmer, about 5 minutes more.



4. Finish soup

Meanwhile, coarsely chop **dill fronds and stems**. Squeeze **2 teaspoons lemon juice** into a small bowl, then cut any remaining lemon into wedges. Stir lemon juice and half of the dill into soup. Season to taste with **salt** and **pepper**. Cover soup, then reduce heat to low to keep warm. Crumble **all of the feta** into a small bowl.



5. Broil pita

Preheat broiler with rack in top position. Brush **pitas** with **oil** and transfer to a rimmed baking sheet. Broil until toasted on one side, 1-2 minutes (watch closely as broilers vary). Flip pitas, then top with **feta** and **remaining garlic**. Drizzle with more **oil**. Broil until **pitas** are browned and cheese is melted slightly, 1-2 minutes.



6. Finish & serve

Using a butter knife, spread **softened feta** over each **pita**, then season with **pepper** and cut into wedges. Garnish soup with **remaining dill** and **a drizzle of oil**. Serve with **pita** alongside. Enjoy!