



Vegetarian Lentil Soup

with Cornbread Biscuits



30-40min



2 Servings

Lentil soup usually plays it pretty safe, but this version is lentil soup gone wild. Still loaded with good-for-you lentils and vegetables, it remains a feel-good option, but with the addition of sharp cheddar cheese and crumbly cornbread biscuits, we made it a little indulgent too. We think you'll agree this dish is pretty souper!

What we send

- 1 shallot
- 1 bag carrots
- 5 oz celery
- ¼ oz fresh thyme
- 2 pkts vegetable broth concentrate
- 3 oz French green lentils
- 3½ oz unsweetened cornbread mix ¹
- 4 oz shredded cheddar-jack blend ⁷
- 1 oz sour cream ⁷

What you need

- olive oil
- sugar
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- medium Dutch oven or pot

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 49g, Carbs 84g, Protein 31g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Line a rimmed baking sheet with parchment paper or foil. Thinly slice **about ½ cup shallot**. Scrub **carrots**, trim ends, and slice 1½ cups into ¼-inch thick rounds. Trim ends from **celery**, then slice into ¼-inch pieces.



4. Start cornbread batter

In a medium bowl, combine **cornbread mix**, **half of the cheddar-jack blend**, **1½ teaspoons sugar**, and **a pinch each of salt and pepper**. Strip **1 teaspoon thyme leaves** from remaining sprigs and add to bowl.



2. Sauté aromatics

Heat **1½ tablespoons oil** in a medium Dutch oven or pot over high. Add **carrots, celery, shallots**, and **¼ of the thyme sprigs**. Cover and cook, stirring once or twice, until lightly browned, 3-4 minutes.



5. Bake biscuits

Stir **sour cream**, **2 tablespoons oil**, and **1 tablespoon water** into **cornbread batter** until it forms a thick dough. Shape dough into 2 biscuits, 2½-3 inches across. Bake on center oven rack until puffed and bottom is deeply golden, about 12 minutes.



3. Start soup

Add **all of the broth concentrate, lentils**, and **4 cups water** to pot; bring to a boil. Cover and cook over medium heat until lentils are tender, about 25 minutes.



6. Finish soup & serve

To the **soup**, stir in **1 teaspoon vinegar** and **half of the remaining cheese**. Season to taste with **salt** and **pepper**. Ladle **soup** into bowls and drizzle with **oil**. Sprinkle with **remaining cheese** and **freshly ground pepper**. Serve **soup** with **biscuits** alongside. Enjoy!