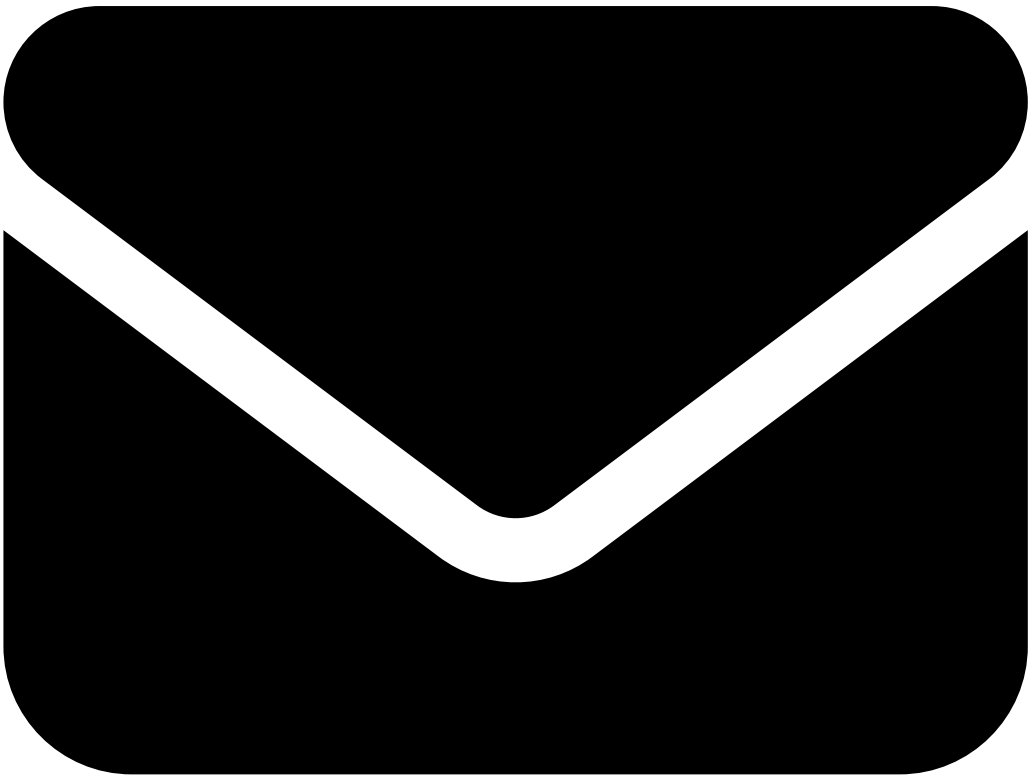
Italian Lentil Soup (Zuppa di Lenticchie)

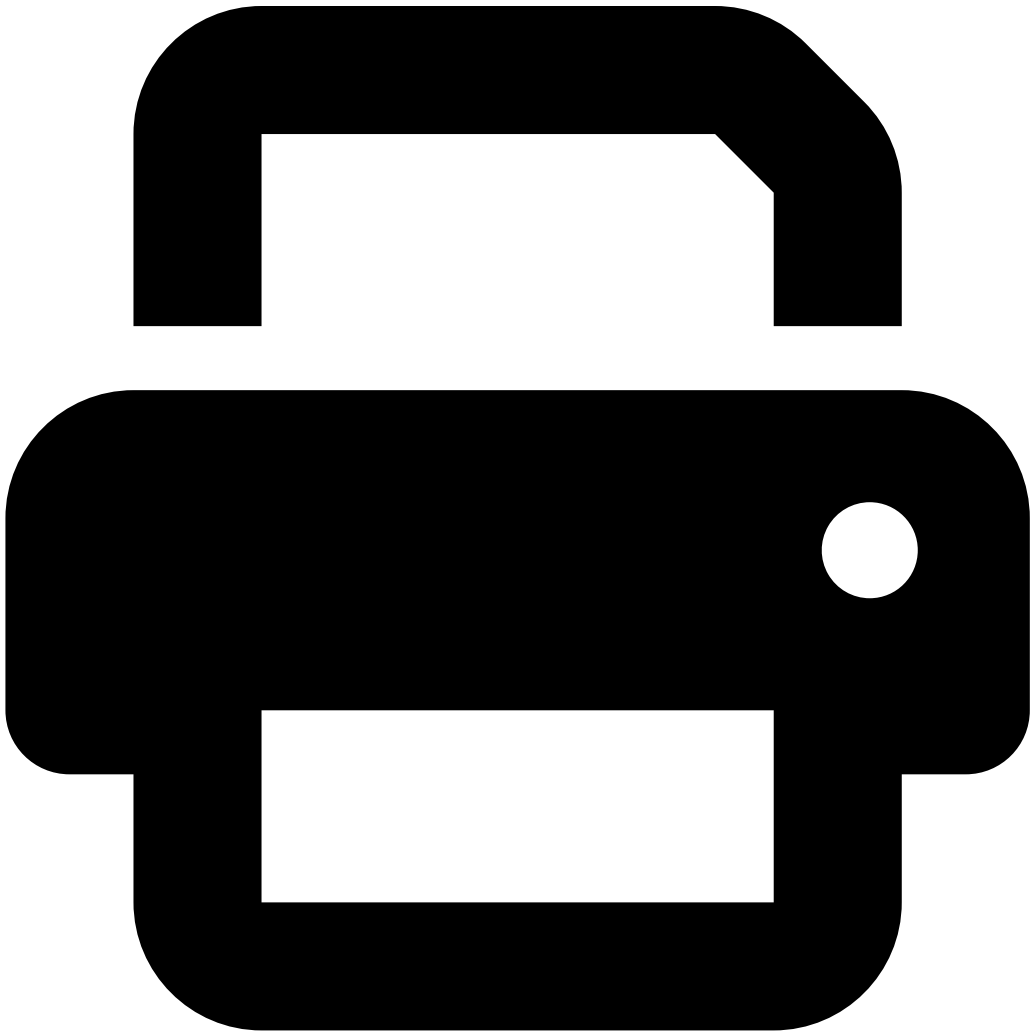
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SMS



There’s nothing quite like a bowl of **Italian Lentil Soup (Zuppa di Lenticchie)** to warm you from the inside out. This classic recipe is a staple in Italian kitchens, made with a simple soffritto of onion, carrots, and celery, tender lentils, tomatoes, and fragrant herbs that slowly simmer into a rich, comforting soup.

Rustic, hearty, and full of authentic Italian flavor, this one-pot soup is proof that the simplest ingredients often make the best meals. Finished with freshly grated Parmigiano Reggiano, a drizzle of extra virgin olive oil, and served alongside crusty Italian bread, it’s the kind of comforting dish that’s even better the next day.

Things to know about this Italian

lentil soup

Lentils: Brown or green lentils are the traditional choice for Italian lentil soup because they hold their shape well during cooking while becoming tender and flavorful.

Storage Tip: This soup will naturally thicken as it sits. When reheating, simply add a splash of broth or water to reach your desired consistency.

Parmesan Rind: For extra depth of flavor, add a Parmesan rind to the pot while the soup simmers. Remove it before serving.

Make It Creamier: For a thicker, creamier texture, blend a portion of the soup with an immersion blender, leaving plenty of whole lentils for a rustic consistency.

Finishing Touch: Serve with freshly grated Parmigiano Reggiano, a drizzle of extra virgin olive oil, and chopped fresh parsley. Pair with crusty Italian bread for a classic Italian meal.

- If you love cozy bowls like this **Italian Lentil Soup**, you'll also enjoy:
    - Creamy Italian Bean and Parmesan Soup
    - Split Pea Soup with Ham
    - Classic Italian Wedding Soup

Italian Lentil Soup (Zuppa di

Lenticchie)



Italian Spiced Lentil Soup is a hearty, flavorful soup made with tender lentils, aromatic vegetables, Italian herbs, and warm spices. This comforting one-pot recipe is perfect for a cozy lunch or dinner and tastes even better the next day.

- 3 Tbsp. olive oil
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 1 cup carrot, diced
- 1 cup celery diced
- 14 oz can crushed tomatoes
- 8 oz. can tomato sauce
- 2 cups dried brown or green lentils, rinsed
- 6 cups vegetable or chicken broth
- 2 bay leaves
- 1 Tsp oregano, dried or fresh, chopped
- 1 tsp rosemary, dried or fresh , chopped
- 2 cup chopped baby spinach or Swiss chard (optional but traditional in many regions)
- 2 Tbsp. chopped fresh Italian parsley
- Freshly grated Parmigiano Reggiano, for serving

1. Heat the olive oil in a Dutch oven or large soup pot over medium heat. Add the onion, carrots, and celery. Cook for 8–10 minutes until softened but not browned. Stir in the garlic

2. Add the crushed tomatoes, tomato sauce, lentils, broth, bay leaf, oregano, and rosemary. Bring to a boil.
3. Reduce the heat to low, cover, and simmer for 25 -30 minutes, or until the lentils are tender.
4. Remove the bay leaf. If you like a creamier soup, blend about one-third of the soup with an immersion blender, leaving plenty of whole lentils for texture.
5. Stir in the spinach or Swiss chard and cook for 2–3 minutes until wilted.
6. salt and pepper to taste
7. Stir in the fresh parsley just before serving.Ladle into bowls and finish with grated Parmigiano Reggiano and a drizzle of extra virgin olive oil. Serve with crusty Italian bread.

Soup
Italian
authentic Italian lentil soup recipe