



CLASSIC GREEK LENTIL SOUP

(Faki)

On cold winter days the windows steam up with the aromas of this deliciously simple peasant soup. Iron-rich lentils are just about the healthiest thing you can eat.

1 cup Krinos Extra Virgin Olive Oil
2 large onions, finely chopped
2 garlic cloves, peeled and finely chopped
1 celery stalk, trimmed and finely chopped
2 large carrots, peeled and sliced
1 pound large lentils, rinsed very well and drained
1 cup drained, chopped plum tomatoes
Salt, pepper to taste
2-4 tablespoons Krinos Red Wine Vinegar

Heat half the oil in a large soup pot and sauté the onions and garlic over medium-low heat until soft, about 6-7 minutes. Add the celery and carrots and continue cooking another 8 minutes, turning to toss with the oil. Add the lentils to the pot and toss to coat with oil. Add the tomatoes, and 8 cups of cold water.

Bring the soup to a boil, lower the heat, and simmer, partially covered, for about 1 hour, until everything is tender and nearly disintegrated. Add more water if necessary during cooking, but the soup should be thick and hearty. Season at the end with salt and pepper, and add vinegar to taste. Just before serving, pour in the remaining raw olive oil.

Yield: 8 servings