Greek Lentil Soup (Fakisoupa)

As I looked through my recipe cards for a fast, easy, tasty soup that used a legume, I found a faded grey 3X5 with this recipe scribbled on it. I couldn’t remember where I collected this recipe, and had never tried it. So one evening after work I cooked the lentils and made the soup. While the lentils simmered, I made a tossed green salad and sliced some whole grain bread. For a side dish, I combined lowfat plain yogurt mixed with a tsp or so of dill weed (dried, in the spice aisle), and added sliced cucumber to that. It was a delicious meal, very healthy, and one that both my husband and I really enjoyed!

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: Nancy’s Home Recipes

**Greek Lentil Soup (Fakisoupa)**

Serves: 4
Cook time: 45 minutes
Ready in 45 minutes

**Ingredients**

- 1 ¼ c. dry lentils
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- 2 tsp Italian seasoning
- 4-6 peppercorns
- 2 c. canned or fresh tomatoes, diced
- 1 quart water or salt free chicken broth
- ¼ c. olive oil
- ¼ tsp salt
- Lemon slices and lowfat/nonfat plain yogurt (optional)

**Directions**

1. Combine all the ingredients (except the salt) in a large saucepan.
2. Bring to a boil and simmer until lentils are tender, around 45 minutes. Salt to taste.
3. For an adventure, you can add more seasoning; try a bit of basil, oregano, rosemary, thyme or sage. Or add a dollop of plain yogurt or a squeeze of lemon juice.