



St. Charles Hospital
Catholic Health Services
At the heart of health

Italian Lentil and Pastina

Ingredients

Yield 8-10 portions

2 cups	Onions, diced ½”
1 cup	Celery, diced ½”
1 cup	Carrots, diced ½”
1 tbl	Garlic, minced
2 cups	Lentils, rinsed
2 tbl	Olive oil
6 cups	Vegetable broth
1 can, 14oz	Tomato, diced
½ cup	Basil, fresh chopped
1 cups	Pastina, cooked
2 oz	Fresh Spinach, chopped coarsely

Method

- Heat soup pot and add olive oil, carrots, celery, onion and garlic, cook over medium flame until tender
- Add lentils and vegetable broth, bring to a simmer
- Continue to simmer until lentils are tender, about 35 minutes
- When lentils are tender, add diced tomato, spinach and basil, adjust seasoning and simmer for 10 minutes more
- Remove from heat and add cooked pastina, serve immediately

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St. Charles Hospital

