

## Grassfed Lamb Soup with Lentils and Mint

*On a cold winter day, there's nothing like a hearty soup to warm you up.*

2 tablespoons olive oil  
1 pound ground grassfed lamb  
3 large celery stalks, chopped  
2 large parsnips, peeled, chopped  
1 medium onion, chopped  
6 garlic cloves, chopped  
3/4 pound lentils, rinsed  
1 1/2 quarts beef or other broth  
1 28-ounce can diced tomatoes in juice  
3 1/2 teaspoons ground cumin  
1 cup chopped fresh mint, divided

Heat oil in heavy large pot over medium-high heat.

Add lamb, celery, parsnips, onion, and garlic.

Sauté until vegetables are almost tender and lamb is cooked through and beginning to brown, breaking up lamb with back of fork, about 15 minutes.

Add lentils and stir 1 minute.

Add broth, tomatoes with juice, and cumin.

Bring soup to boil. Reduce heat to medium-low.

Cover and simmer until lentils are tender, about 40 minutes.

Transfer 2 cups soup to blender

and puree until smooth; return to same pot.

Mix in 1/4 cup mint.

Thin soup with more broth if desired.

Season soup with salt and pepper.

Ladle into bowls.

Sprinkle with remaining 3/4 cup mint.