Lentil, Lamb and Spinach Soup
Serves 6

2 tsp extra virgin olive oil, optional
¾ lb ground lamb
2 onions, chopped
4 carrots, cut into ½ -inch dice
1 celery stalk, cut into ½ -inch dice
12 oz spinach leaves
1 ½ cup lentils, washed and picked over
1 bay leaf
6 cups bone broth or stock (chicken, beef or vegetable) or filtered water
1 tsp freshly ground black pepper
2 tsp Celtic or Redmond Real Salt

1. Add the oil to a large, deep pot over medium heat. When hot, add the onion and cook, stirring frequently, until soft, just a minute or two. Add the sausage, carrot and celery and keep cooking and stirring until brightly colored and hot, about 2 minutes.
2. Add the lentils, bay leaf, and stock; sprinkle with freshly ground black pepper. Bring to a boil, then turn the heat to low and cook, stirring occasionally, until the lentils are tender, about 30 minutes. Add the spinach. (At this point, you may cool and refrigerate the soup, covered, for up to 2 days; reheat gently.) Add more stock if the soup is too thick. Just before serving, taste, sprinkle with Celtic or Redmond Real Salt and more pepper if needed, and serve.