



Lemony Red Lentil Soup

Serves 4-5

Ingredients

- 3 tablespoons olive oil
- 1 large brown skin onion, peeled and chopped ¼ inch
- 3 garlic cloves, peeled and coarsely minced by hand
- 1 tablespoon tomato paste (remember the tube?)
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- Pinch of ground chili powder
- 1 quart chicken broth-I had some homemade stock in the freezer but Better than Bouillion is fine too
- 2 cups water
- 1 ⅓ cup red lentils
- 2 large peeled carrots, diced ¼ inch
- Juice of 1 lemon (about 3-4 tablespoons)
- 3 tablespoons chopped fresh cilantro to garnish

Instructions

In a large soup pot, heat three tablespoons oil over high heat until it shimmers. Add onion and garlic, and sauté until golden, about four minutes.

Stir in tomato paste, cumin, salt, black pepper, and chili powder and keep on the heat, stirring, for two minutes more.

Add broth, two cups water, lentils, and carrots. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.

Turn off the heat. Use an immersion blender right in the soup pot and pulse the soup so that some smoothes out and the rest remains chunky so you have a little texture.

Add in lemon juice first and taste to see if it needs more salt. Have some garnishes on the side: diced avocado, halved cherry tomatoes, chopped cilantro, sour cream or Greek yogurt...use your imagination. You can drizzle a little olive oil at the end as well. Serve with a nice salad and some bread or crackers. MMMMMMMMMMMMMMM