
Red Lentil Soup

Ingredients

- 1 tsp. olive oil
- 1 small onion, chopped
- 4 garlic cloves, chopped
- 3 celery sticks, chopped
- Large baking potato, chopped
- 1 tsp. ground cumin
- 1 tsp. ground turmeric
- 1/2 tsp. ground ginger
- 1/2 tsp. smoked paprika
- pinch salt/pepper
- 5 cups vegetable broth
- 1 1/2 cups Fieldstone Organics red lentils
- 1 (28 ounce) can diced tomatoes, drained
- 1/4 cup chopped parsley or cilantro
- 1 tbsp. fresh lemon juice

Method

1. First, heat 1 tsp. olive oil over medium heat in a large sauce pan.
2. Next, add the onion and let cook for 5 minutes until soft.
3. Then, add the garlic, celery, and potato chunks. After that, cook until soft and lightly browned, another 2-3 minutes.



4. Next, add the cumin, turmeric, ground ginger, paprika and salt/pepper and stir until fragrant.
5. Add the vegetable broth, lentils, and canned tomatoes and bring to a simmer.
6. Then, cover and cook for 20 minutes and cook until lentils are tender.
7. Remove from heat and puree 1/2 of the soup using either a blender or immersion blender.
8. Next, add back in the 1/2 of the soup and stir in the herbs and lemon juice.

Notes

Recipe adapted from Alex Caspero – delishknowledge.com

