

Spiced Red Lentil Soup

6 servings • Category: Soup • Generated by Nutrifax

Ingredients

- 2 tbsp Vegetable oil (olive)
- 1 × 1 large Onion (raw)
- 2 medium Carrot (raw)
- 2 medium stalk (19cm to 20cm long) Celery (raw)
- 4 clove Garlic (raw)
- 1 1/2 cup Lentils (raw)
- 3 medium whole (6.6cm dia) Tomato (red, ripe, raw, year round average)
- 4 cup Soup (broth, chicken, ready-to-serve)
- 2 tsp Spices (cumin seed)
- 1 tsp Spices (turmeric, ground)
- 1 tsp Spices (coriander seed (cilantro))
- 2 tbsp Lemon juice (raw)
- 1 tsp Salt (table)
- 1/2 × 5 ml ground Spices (pepper, black)

Instructions

1. Rinse the lentils under cold water and drain. Dice the onion, carrots, and celery. Mince the garlic. Chop the tomatoes.
2. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Cook for 6-8 minutes, stirring occasionally, until softened.
3. Add the garlic, cumin, turmeric, and coriander. Stir for 1 minute until fragrant.
4. Add the lentils, chopped tomatoes, and chicken broth. Stir to combine and bring to a boil.
5. Reduce heat to low, cover, and simmer for 25-30 minutes, stirring occasionally, until the lentils are completely tender and breaking apart.
6. For a smooth soup, use an immersion blender to partially puree (leaving some texture). For a chunkier soup, leave as-is.
7. Stir in the lemon juice. Season with salt and pepper to taste.

8. Serve hot, drizzled with extra olive oil and a sprinkle of cumin if desired.