

## Red Lentil Soup

*Adapted from recipe by Melissa Clark in New York Times Cooking.*

**Yield:** 3-4 entrée servings.

### **Ingredients:**

- 2 T olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced (or 1 tsp of jarred minced garlic)
- Half of a 6-ounce can of tomato paste
- 1/4 tsp salt
- 1/4 tsp pepper
- 1-1/4 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp cinnamon
- Pinch of chili powder
- 1 quart vegetable broth
- 1-2 cups water
- 1 cup red lentils
- 2 large carrots, diced
- Juice from half a lemon, or more
- Sour cream (optional topping)

### **Instructions:**

1. Heat the oil in a large pot over high heat until shimmering. Add onion and garlic and sauté until golden, about 4 minutes.
2. Stir in tomato paste and all spices; sauté for 2 more minutes.
3. Add broth, 1 cup of water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Add up to a cup more water at any point to achieve desired consistency.
4. Using an immersion or regular blender or a food processor, purée half the soup and then add it back to the pot. Soup should be somewhat chunky.
5. Reheat soup if necessary, and then stir in lemon juice and cilantro.
6. Optional toppings: Sour cream, a drizzle of olive oil, a dusting of cinnamon, extra lemon juice. Serve with good bread.
7. Can easily be doubled or tripled and leftovers can be frozen to reheat another day.