

Moroccan Green Lentil Soup

1/3 cup extra virgin olive oil
6 medium carrots, peeled and diced (about 3 cups)
6 small celery stalks, diced (about 3 cups)
3 small yellow onions, diced (about 3 cups)
3/4 tsp fine sea salt & ground black pepper (to taste)
9 medium garlic cloves, minced
1/2 cup tomato paste
1 Tbsp ground coriander (or compensate with extra cumin)
1 Tbsp ground cumin
1 Tbsp smoked paprika
12 cups vegetable broth (or water)
3 cups dried green lentils, rinsed
6 bay leaves (optional)
3 large or 6 small russet potatoes, peeled and cut into 1-inch cubes

Optional: chopped parsley, for serving

Heat oil over medium heat. Add carrots, celery, onion, and salt. Cook until vegetables are soft and onions are translucent, 8-10 mins, stirring occasionally.

Add garlic, tomato paste, coriander, cumin, smoked paprika, and lots of black pepper. Stir. Cook 1 min.

Add broth, lentils, and bay leaves. Cover and bring to a boil.

When boiling, add potatoes, reduce heat to low. Simmer with lid ajar until lentils are tender and the soup is thickened, about 45 mins, stirring occasionally. (If it gets too thick, add more broth/water.)

Discard bay leaves and add more salt, if needed. Serve with parsley.