

SOUP - Red Lentil

1/2 cup olive oil, plus more for drizzling
3 large onions, chopped
6 garlic cloves, minced
3 Tbsps tomato paste
1 Tbsp ground cumin
3/4 tsp kosher salt, plus more to taste
3/4 tsp black pepper
1 tsp of chili powder
¼ ground cayenne, plus more to taste
3 quarts vegetable broth
6 cups water – DO NOT ADD UNLESS NEEDED ... and then only gradually!
3 cups red lentils (1 bag)
3 large carrots, peeled and diced
2 large yellow potatoes, peeled and ½" diced
NOTE: We've had issues with potatoes not cooking fast enough so I pre-cooked 15 mins and drained before adding to soup.
Juice of 1 ½ lemons, more to taste
1/2 cup chopped fresh cilantro OPTIONAL

Heat oil on medium high until shimmering. Add onion and garlic. Sauté until golden, about 4 mins.

Stir in tomato paste, cumin, salt, black pepper, cayenne, and chili powder. Sauté 2 mins.

Add broth, lentils, potatoes, and carrots. Partly cover and simmer until lentils are soft, 20 mins. Add salt and additional water as needed.

Using an immersion blender, purée half the soup, then add it back to pot. The soup should be somewhat chunky.

Stir in lemon juice and cilantro. Serve drizzled with good olive oil and dusted lightly with chili powder, if desired.