



Red Lentil Soup with Lemon

WHY THIS RECIPE WORKS

This is a simple but delicious soup and can be made in an hour! The combination of the onions, garlic, tomato paste, cumin, and a pinch of cayenne make it. And, a nice squeeze of lemon adds a little acid and freshness.

Yield 4 servings

INGREDIENTS:

- 3 tablespoons butter
- 1 large sweet onion, minced
- ½ teaspoon kosher salt
- 2 or 3 cloves of garlic, minced
- 1.5 tablespoon tomato paste
- 1 teaspoon ground cumin
- ¼ teaspoon black pepper
- Pinch ground cayenne
- 1 ½ quarts chicken or vegetable stock
- 1 large carrot, peeled and diced
- 1 cup red lentils
- Fresh lemon juice to taste
- Cilantro, chopped - optional

INSTRUCTIONS:

1. In a large Dutch oven, over medium high melt butter. Add onion and cook until translucent, about 3 or 4 minutes
2. Add garlic and cook 1 minute
3. Add tomato paste, cumin, pepper, cayenne, combine and allow to bloom for 2 minutes
4. Add stock, carrot, and lentils. Bring up to a simmer and then reduce to low. Cook partially covered for 30 minutes or until lentils are tender
5. Using an immersion blender partially puree, but the soup should be somewhat chunky
6. Serve soup with a squeeze of lemon juice
7. Optional cilantro