

## Red Lentil Soup

By Roya Gharavi



### Ingredients:

- 1 tablespoon *olive oil*\*
- 1 medium onion, diced
- 2 carrots, chopped
- 3 celery ribs, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon *turmeric*\*
- ½ teaspoon *cumin*\*
- 1 tablespoon *tomato paste*\*
- 1 ½ cups *red or French lentils*\*,  
picked through and rinsed
- Freshly ground *salt and pepper*\*
- 5 cups *chicken or vegetable broth*\*  
or water
- ¼ cup chopped fresh parsley or  
cilantro, optional
- 1 tablespoon *olive oil* for finishing

### Method:

1. In a soup pot or Dutch oven, heat oil on medium high heat. Add onions, sauté until translucent, and then add carrots, celery, bay leaf, and garlic. Cook for an additional 2 minutes. Add turmeric, cumin, tomato paste, salt and pepper, then add lentils and broth or water.
2. Bring to a boil, then turn the heat down to a simmer. Cover until lentils begin to fall apart, about 20-25 minutes. Drizzle with olive oil before serving. Garnish with parsley or cilantro.

**Notes and Variations:** The spices can be replaced with garam masala or add your favorite herbs. Top with yogurt, sumac and more olive oil.

*\*denotes items available at Gourmet Pantry*