Red Lentil Soup

Jacob · 30/09/2024



Prep Time

50 mins

Dificult

Medium

Servings

8

Description

This red lentil soup flavored with cumin cayenne and lemon juice resembles the Lebanesestyle lentil soup that I love Its so comforting when you need something nourishing during the cooler months

Ingredients

— - 6 cups chicken stock - 1 pound red lentils - 3 tablespoons olive oil - 1 large onion

— chopped - 1 tablespoon minced garlic - 1 tablespoon ground cumin - ½ teaspoon cayenne pepper - ¾ cup fresh lemon juice - ½ cup chopped cilantro

Instructions

1. Bring chicken stock and lentils to a boil in a large saucepan over high heat. Reduce heat to medium-low
2. cover
3. and simmer for 20 minutes. Meanwhile
4. heat olive oil in a skillet over medium heat. Stir in onion and garlic; cook until onion has softened and turned translucent
5. about 3 minutes. Stir onion mixture into lentils; season with cumin and cayenne. Continue simmering until lentils are tender
6. about 10 minutes. Puree soup in a standing blender or with an immersion blender until smooth. Stir in lemon juice and cilantro.