Lentil Soup with Lemon

Jacob · 30/09/2024



Prep Time

1 hr 5 mins

Dificult

Medium

Servings

4

Description

This lentil soup with lemon is made with chicken broth carrot onion some spices and a splash of lemon juice Its delicious

Ingredients

— - 3 tablespoons olive oil - 1 large onion

— chopped - 2 cloves garlic

— minced - 1 tablespoon tomato paste - 1 teaspoon ground cumin - ¼ teaspoon kosher salt

— or to taste - ¼ teaspoon freshly ground black pepper - ? teaspoon chili powder

— or to taste - 1 (32 ounce) carton chicken broth - 1 cup red lentils - 1 large carrot

— diced - 2 tablespoons lemon juice

— or to taste - 3 tablespoons chopped fresh cilantro - 4 teaspoons extra-virgin olive oil for drizzling - 1 pinch chili powder

Instructions

1. Heat 3 tablespoons olive oil in a large pot over medium-high heat. Add onion and garlic; cook
2. stirring occasionally
3. until onion turn golden brown
4. about 5 minutes. Stir in tomato paste
5. cumin
6. kosher salt
7. black pepper
8. and 1/8 teaspoon chili powder. Cook and stir until spices are fragrant
9. about 2 minutes. Stir in chicken broth
10. lentils
11. and carrot. Increase the heat to high and bring to a boil. Reduce the heat to medium-low
12. cover
13. and simmer until lentils are soft
14. about 30 minutes. Working in batches
15. fill a blender halfway with soup. Cover and hold the lid down with a potholder; pulse a few times before leaving on to blend. Pour into a pot. Repeat with the remaining soup. Alternately
16. you can use a stick blender and purée the soup right in the cooking pot. Do not purée all of the soup; leave it a little chunky. Stir in lemon juice and cilantro
17. then season to taste with salt. Drizzle with olive oil
18. sprinkle with chili powder
19. and serve.