



Egyptian Lentil Soup

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

This is a traditional hearty soup usually eaten in the winter time but can be eaten any time of the year My recipe has absolutely NO FAT Enjoy

Ingredients

- - 3 cups water - 1 cup red lentils - 1 roma tomato
- quartered - 1 carrot
- quartered - 1 small onion
- quartered - 4 cloves garlic
- quartered - ¼ cube chicken bouillon (such as Maggi®) - 1 cup water - 2 teaspoons ground cumin - ½ teaspoon sea salt - ½ teaspoon cracked black pepper - ¼ teaspoon ground coriander

Instructions

1. Place 3 cups water
2. lentils
3. tomato
4. carrot
5. onion
6. garlic
7. and chicken bouillon in a stockpot over medium heat; cook until vegetables and lentils are softened
8. 20 to 25 minutes. Remove from heat and cool to lukewarm. Blend vegetable and lentil mixture with an immersion blender until smooth. Stir 1 cup water
9. cumin
10. sea salt
11. pepper
12. and coriander into soup; heat over medium heat until warmed.