

# Red Lentil Soup with Lemon

Servings: 4

*Source: New York Times, Jan. 9, 2008*

## Ingredients

- 3 tbsp Olive Oil, More For Drizzling
- 1 large Onion, Chopped
- 2 Garlic Cloves, Minced
- 1 tbsp Tomato Paste
- 1 teaspoon Ground Cumin
- ¼ teaspoon Kosher Salt, More To Taste
- ¼ teaspoon Ground Black Pepper
- pinch Ground Chili Powder Or Cayenne, More To Taste
- 1 qt Chicken Or Vegetable Broth
- 1 cup Red Lentils
- 1 large Carrot, Peeled And Diced
- ½ Lemon, More To Taste
- 3 Chopped Fresh Cilantro

## Method

1. In a large pot, heat 3 tbsp oil over high heat until hot and shimmering. Add onion and garlic, and saute until golden, about 4 minutes. (more)
2. Stir in tomato paste, cumin, salt, black pepper and cayenne (or chili), and saute for 2 minutes longer.
3. Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.
4. Using an immersion or regular blender or a food processor, puree half the soup then add it back to pot. Soup should be somewhat chunky.
5. Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dust lightly with chili powder if desired.