

CREAMY RED LENTIL SOUP

Ingredients

Olive oil - enough to thinly coat the bottom of the pan

1 onion, chopped

3 garlic cloves, chopped

2 TBS tomato paste

2 TBS ground cumin

$\frac{1}{4}$ teaspoon kosher salt, more to taste

$\frac{1}{4}$ teaspoon ground black pepper

1 tsp chile powder or cayenne, more to taste

4 C chicken or vegetable broth

2 C water

2 cup red lentils

2 carrots, chopped

Juice of $\frac{1}{2}$ lemon, more to taste

1 bunch fresh cilantro chopped

Instructions

In a large pot, heat oil over medium high heat and add onions and garlic. Cook for 5 minutes, then add tomato paste, cumin, salt, pepper and chile powder. Stir to combine and cook for another 5 minutes.

Stir in broth, water, lentils and carrots. bring to a simmer, then partially cover the pot. Allow to lightly simmer for 30-45 minutes, or until lentils are cooked.

You can keep the soup like this, or you can use a blender to puree half of the soup into a creamier, thicker soup.

Stir in lemon juice and cilantro, add more salt and pepper if necessary, then serve with grated parmesan and good crusty bread.