

HEARTY RED LENTIL SOUP

Yields: 6 main course servings; 10-12 side dish servings

Recipe Adapted from: [Well Vegan](#)

ingredients

2 yellow onions, chopped
4 cloves garlic, minced
2 tablespoons tomato paste
2 teaspoons ground cumin
¼ teaspoon ground black pepper
1 pinch cayenne pepper, or to taste
2 quarts (8 cups) low sodium veggie broth
2 cups red lentils
2 large carrots, diced
Juice of 1 lemon
1 handful cilantro, chopped
Salt, to taste



Dislike cilantro?

Substitute cilantro for 2 teaspoons dried rosemary, or equal portion fresh parsley.

directions

Heat a large soup pot over medium-high heat.

Begin by chopping your onions. They don't need to be minced or small since the soup will be blended later on.

Once the pan is hot, add the onions. Season lightly with salt (this will allow the moisture from the onions to help prevent the onions from sticking when not cooking with oil). Allow the onions to cook for several minutes, stirring occasionally. If and when the onions begin to stick, add 1 tablespoon of water or vegetable broth at a time.



While the onions are cooking, mince the garlic and chop the carrots.

When the onions become translucent (after about 6-5 minutes), add garlic and cook 1 minute, or until the garlic becomes fragrant.

Next, add 2 tablespoons tomato paste, 2 teaspoons cumin, ¼ teaspoon black pepper, and a pinch of cayenne pepper. Stir until well mixed and cook for 2 minutes.

Add 8 cups of broth, 2 cups lentils, and 2 chopped carrots. Allow the mixture to come to a boil. Once boiling, reduce heat to simmer and cover.

Simmer until lentils and carrots are soft, about 25 minutes.

Taste test the soup. Add salt, if desired. (Salt addition will be very dependent on the type of vegetable broth you use and your taste preference).

Using an immersion blender, blender, or food processor (the immersion blender is much less of a hassle), blend the soup to your desired consistency (completely smooth or leave some remaining chunks).

Add the juice of one lemon and chopped cilantro, parsley, or rosemary. Stir. Taste test one last time.

Serve hot and enjoy!

Interested in learning more about cooking without oil?

Watch our Facebook video of how to cook onions with oil [here](#).

Read about why we advocate for reducing added oils in the diet [here](#).

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