Red Lentil Soup

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"Great source of protein and fiber! I like to add a dash of plain greek yogurt and some fresh ginger."

INGREDIENTS:

2 tbsp. oil olive, grapeseed, or avocado
1 medium onion peeled and diced
2 medium carrots peeled and diced
4 garlic cloves minced
1 tsp. oregano
1 tsp. paprika
1 tsp. cumin
1/4 tsp. red pepper flakes
2 tbsp. tomato paste
10 oz. red lentils rinsed
7 cups vegetable broth
salt, if needed to taste
coconut milk and fresh dill or mint to serve

DIRECTIONS:

1. In a medium pot, cook the diced carrots and onions in oil for about 4 minutes over medium heat.
2. Add the garlic and spices and then cook for another minute.