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Recipe

Moroccan Red Lentil Soup

Super wholesome and nourishing Vegetarian Soup with good source of proteins



SERVINGS: 6-7
PREP TIME: 10 mins
COOKING TIME: 25 mins

METHOD

1. In a large dutch oven, or heavy saucepan, heat olive oil over medium-high heat.
2. Add the onions, carrots and celery and sauté for about 3-4 minutes until tender.
3. Add the garlic, coriander, cumin, turmeric, paprika, cinnamon, salt and pepper and continue cooking for another 2-3 minutes stirring the whole time.
4. Add the vegetable broth, tomatoes, and lentils. Stir and heat until boiling.
5. Reduce heat to a simmer, and cook uncovered on a low heat for about 20-25 minutes, stirring every now and then.
6. When the lentils are tender, remove the soup from the heat and place about half the soup in batches into a large mixing bowl, blender or food processor. Carefully blend half of the soup either with a hand immersion blender, or any sturdy blender. Return the blended soup back to the pot and mix well.
7. Add the lemon juice, red pepper flakes, parsley and cilantro, stir well, then cover and cook for 10 minutes.
8. Add the grass fed butter, and serve hot with warm pita bread or bread, or a simple salad of your choice. Garnish with extra parsley and cilantro as needed.

NOTES

The flavours of this soup is extremely comforting, and satisfying. The extra grass fed butter at the end just adds a touch of satiety and creaminess.

INGREDIENTS

3 Tbsp. extra virgin olive oil
 1 large onion, chopped
 1 celery stalk, chopped
 1 carrot, chopped
 3 garlic cloves, chopped
 2 tsp. ground coriander
 1 tsp. ground cumin
 1 tsp. ground turmeric
 1/2 tsp. sweet paprika
 1/4 tsp. ground cinnamon
 1/2 tsp. sea salt
 Dash of pepper
 8 cups vegetable broth, low sodium and home made is best
 1 x 14oz canned whole tomatoes
 2 cups red lentils, picked over, washed and rinsed until water runs clean
 1 lemon, juiced
 Pinch of red pepper flakes
 4 Tbsp. fresh flat-leaf parsley, chopped
 25g Grass-fed Butter
 2 Tbsp. fresh cilantro, chopped

**Special thanks to acedarspoon.com for the recipe inspiration.*

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