

## Recipe – Red Lentil Soup (Level 2)

This recipe came from the New York Times, January 9, 2008. It is delicious but may not include enough protein for a Suppers meal by itself. We served a little roast chicken on the side.

### Ingredients:

- 3 T olive oil, more for drizzling
- 2 cloves garlic, minced
- 1 t ground cumin
- ¼ t black pepper
- 1 quarter chicken or vegetable broth
- 1 c red lentils
- ½ head cabbage, shredded fine
- 3 celery stalks, minced
- 8 oz. spinach, finely chopped
- A large onion, chopped
- 1 T tomato paste
- ¼ t salt or to taste
- A pinch of chili powder
- 2 large carrots, peeled and diced
- Juice of ½ lemon
- 3 T chopped cilantro

### Directions:

In a large pot, heat 3 T oil over high heat. Add onion and garlic and sauté until golden, about 4 minutes

Stir in tomato paste, cumin, salt, black pepper and chili powder, sauté 2 minutes

Add broth, 2 cups water, lentils, carrots, cabbage and celery

Bring to a simmer, partially cover pot and turn heat to medium low

Simmer until lentils are soft, about 30 minutes

Taste and add salt if necessary

Puree half the soup in a blender, should remain somewhat chunky

Before serving, stir in lemon juice, spinach and cilantro and drizzle on some olive oil