

Red Lentil Soup

Yield: 4 servings

Prep Time: 0:10:00

Cook Time: 0:45:00

Total Time: 0:55:00

1. Heat olive oil in a large pot over medium-low heat. Add onion and cook, stirring occasionally, until deeply caramelized, about 20 minutes.
 - 3 tbsp Olive Oil
 - 1 each Onion
2. Add garlic and cook until fragrant, about 3 minutes.
 - 2 each Garlic
3. Increase heat to medium. Add tomato paste and cook until darkened, about 1 minute. Add cumin, turmeric, a generous pinch of salt, black pepper, and Aleppo chili. Cook until spices are fragrant, about 2 minutes.
 - 1 tbsp Tomato Paste
 - 1 tsp Ground Cumin
 - 1/4 tsp Turmeric
 - Kosher Salt
 - Black Pepper
 - 1/8 tsp Aleppo Chili
4. Add broth, water, lentils, and carrot. Bring to a simmer, then lower heat and partially cover. Cook until lentils are tender and beginning to break down, about 20 minutes. Taste and adjust seasoning with salt.
 - 4 cup Chicken Broth
 - 2 cup Water
 - 1 cup Red Lentils
 - 1 each Carrots
5. Using an immersion blender, partially blend about half the soup while leaving some texture.
6. Return to heat if needed to warm through. Stir in lemon juice and cilantro.
 - 1-2 tbsp Lemon Juice
 - 3 tbsp Cilantro
7. Serve hot, drizzled with olive oil and topped with an additional sprinkle of Aleppo chili.