



Mid-Eastern Lentil Soup

Ingredients:

2 medium onions, chopped
3 medium carrots, chopped
3 celery stalks, chopped
2 Tablespoons olive oil
4 cloves garlic, minced
1-1/2 cups mixed colors (orange, black, and white) lentils
2 teaspoons curry powder
1 teaspoon salt
1/2 teaspoon ground ginger
1/2 teaspoon black pepper
1 teaspoon ground cumin
2 (32 ounce) container vegetable broth
1/8 teaspoon red pepper flakes or to taste
1/2 cup dried cranberries
6 to 8 Tablespoons shredded Parmesan cheese
Garnish: Chopped parsley as desired; plain natural yogurt as desired

In a large soup pot, sauté onions, carrots, and celery in olive oil until softened. Add garlic; cook 1 minute. Add lentils, curry powder, salt, ginger, black pepper, and cumin; stir until seasonings are warmed and fragrant.

Add 6 cups vegetable broth and red pepper flakes; bring to a boil; reduce heat to medium low; cook lightly covered about 20 to 30 minutes; stir occasionally; add

remaining broth as necessary; cook until lentils are tender. Stir in cranberries and cheese; simmer about 5 minutes. With an immersion blender, coarse blend half of soup, leaving part of it chunky; add remaining broth for desired soup consistency. Serve hot. Stir in chopped parsley. If desired, serve soup topped with dollops of cold yogurt. Yield: serves 8

About the Recipe: The vegetable broth is filled with fiber rich lentils that absorb the wonderful flavors of far Eastern spices. The bonus is that the soup is high in nutritional value and easy to prepare. Serve hot with chopped green parsley and a dollop of plain yogurt. As expected, the flavors blend if prepared ahead of time. Great comfort food!

Note: Cooked pearl couscous is a wonderful addition to add to this soup.

Smaller Portion – Half Recipe

Serves: 2 to 3

1 Tablespoon olive oil
1 medium onion, chopped
2 medium carrots, fine chopped
2 celery stalks, chopped;
2 cloves garlic, minced
3/4 cup mixed colors (orange, black, and white) lentils
1 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon black pepper
1/2 teaspoon ground cumin
1 (32 ounce) container vegetable broth
1/8 teaspoon red pepper flakes or to taste
1/4 cup dried cranberries
3 to 4 Tablespoons shredded Parmesan cheese
Garnish: Chopped parsley as desired; serve with dollops of plain yogurt

In a large soup pot, sauté onions, carrots, and celery in olive oil until softened. Add the garlic, cook 1 minute. Add lentils, curry powder, salt, ginger, black pepper, and cumin; stir until seasoning are warmed and fragrant. Add 3 cups broth and red pepper flakes; bring to a boil; reduce heat to medium/low; cook about 20 minutes; stir occasionally; add remaining broth as necessary; cook until lentils are tender. Stir in cranberries and cheese; simmer about 5 minutes. With an immersion blender, puree half of soup, leave part of soup chunky. Serve hot.

Yield: serves 2 to 3