

Vegan Lentil Soup



Be sure to have your ingredients ready before you start. Recipe serves four big bowls of soup.

INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin

- 1/2 teaspoon turmeric powder
- ½ teaspoon red chilli powder
- ½ teaspoon dried thyme
- 1 28-ounce can of diced tomatoes, drained
- 1 cup brown or green lentils, rinsed and soaked
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch red pepper flakes
- Freshly ground black pepper
- 1 cup chopped fresh spinach or green amaranth, tough ribs removed
- Juice of ½ to 1 medium lemon, to taste

DIRECTIONS

- Warm the olive oil in a large pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
- Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the garlic, cumin, turmeric, chili powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.
- Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.
- Transfer 3 cups of the soup to a blender. Take care to protect your hand from steam and purée the soup until smooth. Pour the puréed soup back into the pot and add the chopped greens. Cook for 5 more minutes, or until the greens have softened to your liking.

- Remove the pot from heat and stir in the juice of half of a lemon. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. Serve immediately.