

## Red Lentil Soup

Recipe adapted from [cooking.nytimes.com](http://cooking.nytimes.com)

### Ingredients

- 3 tablespoons olive oil, more for drizzling
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- salt, pepper, cayenne or chili powder to taste
- 1 quart chicken or vegetable broth
- 2 cups water
- 1 cup red lentils
- 1 large carrot, peeled and diced

### Directions

1. In a large pot, heat 3 tablespoons oil over high heat and add onion and garlic, and sauté until golden, about 4 minutes
2. Stir in tomato paste, cumin, salt, black pepper and chili powder or cayenne, and sauté for 2 minutes longer
3. Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes
4. Purée half the soup in a blender, then add it back to pot. Soup should be somewhat chunky.

**Mary-Beth says:** *“Red lentils are complex carbohydrates (help keep you full longer), packed with fiber, protein and have zero saturated fat. A nutrient dense, delicious meal!”*