

# LENTIL SOUP

Thanks to Barbra Inge and Nick Grossman, *BOWA*



## INGREDIENTS

- 2 tablespoons olive oil
- 1 cup onion finely chopped
- 1/2 cup carrot finely chopped
- 1/2 cup celery finely chopped
- 2 teaspoons sea salt
- 1 pound lentils picked and rinsed
- 1 cup tomatoes peeled and chopped
- 2 quarts chicken or vegetable broth
- 1/2 teaspoon freshly ground coriander
- 1/4 teaspoon freshly ground toasted cumin
- 1/4 teaspoon freshly ground toasted cardamom
- 1/4 teaspoon freshly ground grains of red pepper



## PREPARATION

1. Place the olive oil into a large 6-quart Dutch oven and set over medium heat.
2. Once hot, add onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes.
3. Add the lentils, tomatoes, broth, coriander, cumin, cardamom and red pepper, stir to combine.
4. Increase the heat to high and bring just to a boil.
5. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes.
6. Using a stick blender, puree to your preferred consistency.
7. Serve immediately.