

Red Lentil Soup Recipe

This flavour-packed soup has a Moroccan flair. It's loaded with heart healthy plant protein and fibre. You can double this recipe to make a larger batch. It freezes very well.

Ingredients:

- 1 tbsp/15ml avocado oil
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- 1 tbsp/15 ml each of ground cumin, curry powder and tumeric
- 1 tbsp/15ml fresh ginger, grated
- 4 cups/1L reduced sodium or no salt added vegetable broth
- 1 cup/250ml water
- 2 large carrots, peeled and diced
- 3-4 stalks celery, diced
- 1 cup/250ml red lentils, rinsed and drained
- 1 medium potato and 1 sweet potato, peeled and diced
- 2-3 tbsp/30-45ml finely chopped fresh cilantro, optional
- 1 tsp/5ml hot pepper sauce, optional

Method:

1. Heat oil in a 5L saucepot. Cook onion with garlic over medium heat for 5 minutes. Stir occasionally or until onion is tender.
2. Stir in cumin, ginger and curry. Cook 1 minute.
3. Stir in broth, water, carrot, celery, lentils and potatoes. Bring to a boil over high heat.
4. Reduce heat to low and simmer partially covered 30 minutes. Lentils and vegetables should be tender.
5. Puree soup in blender or with immersion blender until desired consistency. Stir in remaining ingredients.