



Lentil Soup

Recipe by Dr. William T. Wong

Nutritious, bold, and packed with anti-inflammatory ingredients, this soup is perfect to prepare for a weeknight meal, to share with friends, or freeze for later enjoyment.

Ingredients

- o 1-2 tablespoons olive oil, or enough to sauté the onions
- o 1 medium yellow or white onion, chopped
- o 2 carrots, peeled and chopped
- o 4 garlic cloves, pressed or minced
- o 2 teaspoons ground cumin
- o 1 teaspoon curry powder
- o 2 tablespoons tomato paste
- o 1 cup brown or green lentils, picked over and rinsed
- o 6 cups vegetable broth
- o 1 teaspoon salt or more to taste
- o Pinch red pepper flakes, and adjust to desired level of heat
- o Freshly ground black pepper to taste
- o Juice of ½ to 1 medium lemon, to taste

Recipe yields 4-6 servings.

Instructions

1. Warm the oil in a large pot over medium heat.
2. Once the pot is heated, add the chopped onion and carrot and cook, stirring often, until the onion has softened and become translucent, about 5 minutes. Add the garlic, cumin, and curry powder. Cook while stirring constantly, about 30 seconds.
3. Pour in the lentils, broth, and the tomato paste. Add 1 teaspoon salt and the 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.
4. Transfer most of the soup to a blender or a food processor. After blending or processing, pour the puréed soup back into the pot.
5. Remove the pot from heat and stir in the juice of half of a lemon. season with more salt, pepper and/or lemon juice to taste. Serve immediately.