

LENTIL SOUP

INGREDIENTS

1 LEEK, SLICED
1 ONION, SLICED
3 CARROTS, SLICED
1 TABLESPOON UNSALTED BUTTER
1 TABLESPOON OLIVE OIL
2 GARLIC CLOVES, CRUSHED
1 TABLESPOON GRATED GINGER
1 TEASPOON GROUND CUMIN
1 TEASPOON GROUND TURMERIC
1/2 TEASPOON GROUND CORIANDER
CRUSHED RED PEPPER FLAKES
2 CUPS RED LENTILS
5 CUPS WATER
1 ZUCCHINI, DICED
2 TEASPOONS SOUP BASE
1 TABLESPOON LIME JUICE



TIME & SERVINGS

1 HOUR
6 SERVINGS

HERE'S HOW

- 1 SAUTE LEEK, ONION AND CARROTS IN BUTTER AND OLIVE OIL UNTIL SOFTENED.
- 2 ADD GARLIC, GINGER, CUMIN, TURMERIC, CORIANDER, RED PEPPER FLAKES. SAUTE ANOTHER MINUTE.
- 3 ADD WATER OR STOCK AND RINSED LENTILS. BRING TO A BOIL, REDUCE HEAT TO A SIMMER, COVER POT AND COOK UNTIL TENDER, ABOUT 45 MINUTES.
- 4 STIR IN ZUCCHINI, SOUP BASE AND LIME JUICE, ADJUST SALT AND PEPPER, SIMMER FOR 5 MINUTES AND SERVE.

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MUSINGS ON FOOD AND COOKING
FROM A VERMONT KITCHEN