

RED LENTIL SOUP

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 4 Tbsp. unsalted butter
- 1 Large Onion, chopped
- Salt and Pepper
- $\frac{3}{4}$ Tsp. Ground Coriander
- $\frac{1}{2}$ Tsp. Ground Cumin
- $\frac{1}{4}$ Tsp. Ground Ginger
- $\frac{1}{8}$ Tsp. Ground Cinnamon
- Pinch Cayenne
- 1 Tbsp. Tomato Paste
- 1 Garlic Clove, minced
- 4 Cups Chicken Broth
- 2 Cups Water
- $1\frac{1}{2}$ Cups Red Lentils, picked over and rinsed
- 2 Tbsp. Lemon Juice, plus extra for seasoning
- $1\frac{1}{2}$ Tsp. Dried Mint, Crumbled
- 1 Tsp. Paprika
- $\frac{1}{2}$ Cup Chopped Fresh Cilantro



Instructions:

1. Melt 2 tablespoons butter in a large saucepan over medium heat. Add 1 finely chopped onion and 1 teaspoon salt. Cook, stirring occasionally until softened, about 5 minutes.
2. Stir in coriander, cumin, ginger, cinnamon, cayenne and $\frac{1}{4}$ teaspoon black pepper. Cook, stirring frequently, until fragrant, about 2 minutes. Stir in tomato paste and minced garlic. Cook, stirring constantly, for 1 minutes.
3. Stir in chicken broth, water and red lentils. Bring to simmer, allow to cook about 15 minutes, until lentils are soft and about half are broken down, stirring occasionally.
4. Whisk soup vigorously until it is coarsely pureed, about 30 seconds. Stir in 2 tablespoons lemon juice and season with salt and extra lemon juice to taste. Cover and keep warm.
5. Melt 2 tablespoons butter in small skillet. Remove from heat and stir in mint and paprika.
6. To serve, ladle soup into bowls and top with 1 teaspoon spiced butter and 1 tablespoon chopped cilantro.

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