

From the kitchen of David and Jennifer Deaven

sid: red_lentil.v 1.3 2025/03/02 18:10:17 deaven Exp \$

Soup/Red Lentil

Soup/Red Lentil

- A: 3T olive oil
1 onion, chopped
2c garlic, minced
- B: 2T tomato paste
2t cumin seed, ground
salt, pepper, ground chile pepper
- C: 1qt chicken stock
2C water
1C red lentils
2 carrots, diced 1/4"
- D: 1/2 lemon juice
handful cilantro, chopped
1. Saute (A) unril onion is nearly translucent.
 2. Add (B) and saute a few more minutes.
 3. Add (C), bring to low boil, cook partially covered 30 min.
 4. Remove from heat, add (D), serve.
- Servings: 8



From the kitchen of David and Jennifer Deaven