

## Soup/Red Lentil

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- 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) until 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.

