



HEARTY LENTIL SOUP

Makes 4 servings.

This soup is nutritious, hearty, thick, satisfying and simple to make. Red lentils cook quickly and become creamy as they break down. This soup freezes very well too.

INGREDIENTS

- 4 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 1 tablespoon sweet paprika
- 2 teaspoons ground cumin
- 1 cup split red lentils
- 4 cups vegetable broth
- 1 teaspoon kosher salt
- Freshly ground black pepper
- Red pepper flakes, optional

PREPARATION

1. In a medium saucepan heat the olive oil. Add the onion and sauté until soft.
2. Stir in the paprika, cumin and lentils. Add the broth and bring to a boil over high heat. Lower the heat, cover, and cook for about 15 minutes or until lentils are tender. Stir from time to time.