

# Eat The View



## Recipes and Tips

### Red Lentil Soup

Soup for 4

3 tablespoons olive oil, plus more for drizzling  
1 large onion, chopped  
2 garlic cloves, minced  
1 tablespoon tomato paste  
1 teaspoon ground cumin  
¼ teaspoon salt, plus more to taste  
¼ teaspoon black pepper  
Pinch of chili powder, plus more to taste  
950 ml chicken or vegetable broth  
200 gr red lentils  
1 large carrot, peeled and diced  
Juice of ½ lemon, more to taste  
3 tablespoons chopped fresh coriander

In a large pot, heat 3 tablespoons oil over high until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.

Stir in tomato paste, cumin, salt, black pepper and chili powder, and sauté for 2 minutes longer.

Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partly cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.

Using an immersion or regular blender or a food processor, purée half the soup, then add it back to pot. The soup should be somewhat chunky.

Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder, if desired.