

Lentil Soup (from a recipe book)

(Shourabat Aaddis)
makes 4 servings

2 c red lentils
7 c water
2 large onions, chopped
2 c potatoes, chopped (optional, use
less water if no potatoes)
8 cloves garlic, minced
salt
1/2 tsp cumin
juice of one lemon

serve with cut lemon on the side

Add the first 5 ingredients to a large pot; cover and bring to a boil.
Lower the heat and simmer 15-20 minutes or until the lentils and veggies are tender.
Take pot from stove burner and set aside.
In a small saucepan, add the oil; warm over low heat until the oil is hot but not smoking.
Add in the cumin and salt; cook and stir constantly for for 2-3 minutes or until the cumin has released its fragrance (be careful not to scorch the spices).
Set spice mixture aside for 1 minute to cool.
Stir spice mixture into the lentil mixture, stir to combine.
You can puree the soup, in batches, in a blender OR you can use an immersion blender and blend to desired texture (I like to leave it a little chunky), or mash by hand, or leave alone.
Add in lemon juice; stir to combine.
Rewarm soup in soup pot; season if needed with salt/pepper.

THE WAY WE DO IT (keep it simple):

Cut up 2 onions, 2 carrots, 3 or 4 cloves of garlic

Microwave carrots to soften, in a little water

In large pot: Sauté onions, then add chopped garlic for 1-2 minutes

Add in a bunch of red lentils (2 lbs) and the cooked carrots

Add in vegetable broth (about 1-1/2 qts), same amount of water

Add salt and cumin, a bit of pepper. May add curry, a touch of nutmeg (all to taste)

Simmer until done

Add some lemon juice

Mash or blend if you wish

SERVE with lemon wedges