



LENTIL SOUP

Another simple soup, with great, unique flavor.

- 1 large onion, finely chopped
- 1 ¾ cups red lentils
- 7 ½ cups vegetable stock
- 1 teaspoon cumin
- juice of ½-1 lemon
- salt and pepper, to taste
- olive oil, to taste

If using bouillon cubes, powder, or paste, make stock. Heat a drizzle of olive oil in another pan and add onion. Cook until translucent, then add lentils and stock. Simmer about 30 min, or until lentils have disintegrated. If the soup seems too thick, add water to reach desired consistency. If it is too thin, cook longer. For the best flavor, the soup should border on stew like consistency. Add cumin, lemon juice, and salt / pepper to taste. Drizzle olive oil on top to taste and serve.

Variations:

1. Add 2 peeled and chopped tomatoes while cooking.
2. 1 teaspoon tumeric and hot chilies
3. Add 1lb fresh shredded or a ½lb frozen spinach 10 minutes before the end of cooking.

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