

Red Lentil Soup – by Zach Kadro, N.D.

Ingredients

- 2 cups of red lentils
- 8 cups of vegetable stock or water
- 1 teaspoon Turmeric powder
- 1 teaspoon ground Cumin seed
- 1 diced onion (white or sweet)
- 2 cloves of chopped garlic
- 2 tablespoons of olive oil
- Juice of 1 lemon (seeds removed)
- Salt and Pepper to taste

Directions

- Bring 8 cups of vegetable stock or water to a boil.
- Add 2 cups of red lentils, return to a boil and simmer for 30 minutes.
- Skim the foam off the top during the first few minutes of cooking.
- During the last five minutes of cooking add Turmeric and Cumin.
- Add salt and pepper to taste.
- In a separate skillet saute diced onion in 2 tablespoons of olive oil, until onions are translucent, fragrant and soft (takes about 5 minutes); add the garlic to the onion mixture for the last couple of minutes only so it doesn't overcook.
- Add the onion and garlic mixture to the lentils in the last 5 minutes of cooking.
- Turn off heat and add juice of one lemon.
- Pulse the soup mixture for a few seconds with an immersion blender to smooth texture.
- Transfer soup to bowls and serve with lemon wedge for garnish
- Enjoy!