

greek red lentil soup

Makes 6 servings

RECIPE FROM: [The Mediterranean Dish](#)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

3 Tbsp extra virgin olive oil
1 large onion, chopped
3 garlic cloves, minced
2 carrots, chopped
1 Tbsp dried oregano
1 ½ tsp cumin
1 tsp rosemary
½ tsp red pepper flakes
2 dry bay leaves
1 cup crushed tomatoes (from a can)
7 cups vegetable broth
2 cups red lentils, rinsed and drained
salt, to taste
zest and juice of 1 large lemon
fresh parsley, for garnish
crumbled feta cheese to serve, optional

NOTE: Be sure the lentils are fully cooked before blending. If you do not have an immersion blender, you can use a food processor or a stand-up blender to blend the soup in batches.

HEAT extra virgin olive oil in a pot until shimmering but not smoking. Add onions, carrots and garlic. Cook 3 to 4 minutes, stirring regularly. Add spices and bay leaves. Cook for just a few seconds till fragrant, keep stirring so spices don't burn.

ADD crushed tomatoes, broth and lentils. Season with salt. Bring to a boil, then lower heat to simmer for 15 to 20 minutes, until lentils are fully cooked.

REMOVE from heat. If you have the time, let soup cool a bit before using an immersion blender to puree. Pulse a few times till you reach the creamy consistency you are looking for.

RETURN soup to heat, and stir to warm through. Add lemon zest, lemon juice and fresh parsley.

TRANSFER soup to serving bowls and top with parsley. If you like, top each bowl with a sprinkle of feta cheese.

