

Jordanian Red Lentil Soup

Ingredients

- 1 cup red lentils
- 4 Tbsp olive oil, divided
- 1 yellow onion, chopped
- 3 garlic cloves, chopped
- 1/4 cup chopped fresh parsley or 1 Tbsp dried parsley
- 4 cups vegetable stock
- 1 Tbsp ground cumin
- salt to taste
- 1 lemon, cut in wedges

Directions

Rinse and sort red lentils.

Heat 2 Tbsp olive oil over medium-low in a large saucepan. Add the chopped onion and saute until soft. Add the garlic and fresh parsley, if using. Saute for another minute. Add the lentils and stir. Add the vegetable stock, the cumin and the dry parsley, if using. Raise heat and bring to a boil. Turn heat to low and simmer, uncovered, for about 30 - 40 minutes or until the lentils are cooked through.

Using an immersion blender, blend the soup until smooth. If the soup is too liquidy, return to the stove and continue simmering until it has the consistency you like. Pour into bowls and drizzle with remaining olive oil. Serve with lemon wedges.