

Libyan Red Lentil Soup

Ingredients

- 1 lb red lentils, rinsed
- 3 onions, 1 chopped and 2 sliced
- 1 carrot, diced
- 1 tomato, diced
- 2 garlic cloves, minced
- 2 tsp ground cumin + more for sprinkling
- 1 Tbsp salt
- juice of 1 lemon
- 1 Tbsp oil or butter
- 2 slices Libyan or ciabatta bread or 2 pita breads

Directions

Put lentils, chopped onion, diced carrot, diced tomato, minced garlic, 2 tsp cumin and salt in a large cooking pot. Cover with 5 cups of water. Bring to a boil, then turn hit to low and cook until the lentils are soft, about 45 minutes. Taste and adjust seasoning. Stir in lemon juice. Sprinkle with cumin.

Meanwhile, heat oil or butter on a skillet over medium heat. Add the sliced onions, turn heat to low, and sauté stirring frequently, until caramelized.

Toast or fry the bread slices. If using loaf bread, cut into cubes; if using pita bread, cut into triangle.

Transfer soup to a serving bowl or individual bowls. Top with caramelized onions and croutons.