

Simple Lentil Soup

Prep: 15 minutes • Cook: 40 minutes

A cozy, comforting red lentil soup layered with sweet carrot and potato, warmly spiced with turmeric and cumin, and finished with a deeply savory fried-onion topping.

Ingredients

- 1 tbsp oil
- 1 onion (diced)
- 3 garlic cloves (minced)
- 2 carrots (grated)
- 2 medium potatoes (grated)
- 1 cup split red lentils (rinsed well, then drained)
- 4 cups water
- 1 tsp sea salt
- 1/2 tsp ground pepper
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 1 onion (finely diced (for topping))
- 1 tbsp oil (for topping)

Instructions

1. Heat a medium-large heavy-bottomed pot over medium heat and add 1 tbsp oil.
2. Sauté the diced onion and minced garlic for 10 minutes until soft.
3. Add grated carrots and grated potatoes; mix and sauté for 2 minutes.
4. Add rinsed and drained red lentils and water; mix well.
5. Bring to a boil, then reduce heat to low and simmer for 25 minutes.
6. Remove from heat; add sea salt, ground pepper, turmeric powder, and cumin powder, and mix well.
7. Optional topping: In a skillet, fry 1 finely diced onion in 1 tbsp oil over medium-high heat for about 10 minutes, stirring periodically, until darkened and deeply browned.
8. Ladle soup into bowls and top with the fried onions and fresh cracked pepper, if desired.

Tags: Vegan, Gluten Free, Nut Free, Soup, Lentils, Comfort Food

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