



RECIPE



Friday Night Lentil Soup

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Taken from National Post , Three Bowls of Liquid Comfort

Lentil soup is now almost as popular as chicken soup, especially for a Friday night dinner. For this recipe, which is from my latest cookbook, Friday Night Dinners (Random House) I use red lentils, as they dissolve and thicken when cooked.

Ingredients

- 1 cup (250 mL) red lentils
- 1 tbsp (15 mL) extra virgin olive oil
- 2 large onions, chopped
- 1 clove garlic, finely chopped
- 1 jalapeno pepper, seeds and ribs removed, sliced
- 1 rib celery, diced
- 1 carrot, diced
- 1 tsp (5 mL) ground cumin, or more to taste
- 6 cups (1.5 L) water
- 1 tsp (5 mL) kosher salt or more to taste
- 1/4 tsp (1 mL) pepper
- 2 tbsp (30 mL) lemon juice (optional)
- 2 tbsp (30 mL) chopped fresh coriander

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Directions

1. Place lentils in a sieve and rinse a few times. Reserve.
 2. Heat oil in a large saucepan or Dutch oven. Add onions and cook until very brown and caramelized. Remove half to save as a garnish. Add garlic, jalapenos, celery and carrots and
 3. Add lentils and water. Bring to a boil. Reduce heat and simmer gently 25 to 30 minutes, or until lentils are very tender and mixture is thick (if it's too thick, thin with stock or water). Add lemon juice to taste. Sprinkle with reserved onions and cilantro.
- Makes 6 to 8 servings