

Curried Lentil Soup

6 servings

- 2 Tablespoons olive oil, divided
- 1 cups dry lentils* (rinsed)
- 5 cups water
- ¼ cup onion, scrubbed with clean vegetable brush under running water, chopped
- ½ cup carrots, scrubbed with clean vegetable brush under running water, chopped
- 1 garlic clove, gently rubbed under cold running water, minced
- ¼ cup uncooked vermicelli noodles**
- ½ teaspoon curry powder
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ¼ cup fresh parsley, gently rubbed under cold running water, chopped (optional)
- 1 lemon, sliced (optional)
- 1 jalapeño, scrubbed with clean vegetable brush under running water, sliced (optional)



1. Wash hands with soap and water.
2. In a medium sized saucepan, heat 1 tablespoon of oil over medium heat. Add lentils and sauté for 3 minutes. Stir constantly to prevent burning.
3. Add water to sauteed lentils. Bring to a boil and cook for 10 minutes while stirring occasionally. Set aside to cool slightly.
4. In a medium skillet, heat 1 tablespoon oil over medium heat. Add onions, carrots, and garlic, and sauté for 5 minutes, or until tender.
5. Carefully transfer the lentil mixture into a food processor or blender. Process until smooth. Be careful, it could be hot.
6. Place processed lentils back into the saucepan and add the sautéed onion, garlic, carrot, vermicelli noodles, curry, salt, and pepper and stir to combine. Bring to a boil, then reduce the heat and simmer for 10-15 minutes, or until noodles are tender. Add more water to reach the desired consistency.
7. Garnish with parsley and serve with lemon and jalapeño slices, if desired.
8. Store leftovers in a sealed container in the refrigerator for up to four days.

*Any type of lentil can be used in this recipe.

**Other types of thin noodles can be used, such as spaghetti.

Nutrition Information per Serving (1½ cups): Calories 180, Total Fat 5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 115mg, Total Carbohydrates 26g, Fiber 4g, Total Sugars 2g, includes 0g Added Sugars, Protein 9g, Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 6%.

Source: This recipe was created in collaboration with Community Crops and Yazidi Project.