

Anatolian Lentil Soup

A vegan version of the favourite Eastern Mediterranean soup.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 15 mins

Cooking time: 30 mins

Category: Soups

Complexity: Simple to moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Lentils, cooked from dried	1 cup
Potato, boiled, without skin	1 large - 3" to 4 1/4" diameter
Onion, white, yellow or red, raw	1 large
Olive oil	1 cup
Salt, sea salt	2 teaspoon
Carrots, cooked from fresh	1 large - 7 1/4" to 8 1/2" long
Cumin, ground	4 tablespoon
Water	4 cup
Hot chili pepper, dried, without seeds	1 teaspoon

Instructions

This must be prepared in a large pot.

Peel and dice the potato in small chunks.

Peel and slice the carrot.

Cut the onion in small chunks which will make it easier to grate in a food processor.

Use a food processor to grate the onion until it becomes a paste.

Put the oil and the onions in the pot and turn on low heat.

Sprinkle in the salt.

While the onions are cooking grate the potato and put it in the pot. Stir until mixed.

Grate the carrots as well and put the paste in the pot. Stir the mixture.

Pour 2 cups of water in and turn the heat to medium.

Sprinkle 2 tbsp of cumin in the mixture and stir until well mixed.

When the mixture is close to boiling, pour in the red lentils and add the remaining 2 cups of water.

Add the remaining 2 tbsp cumin in as well and stir the pot.

Turn on the high heat and wait until the mixture boils (15 minutes) and the lentils start splitting and turning yellow. If you wish the soup to be smooth, take the pot off the stove and use a hand held high speed mixer to turn the mixture into a smooth mix.

If not, you can leave the mixture chunky. It is a matter of choice.

Sprinkle in the red ground hot peppers and keep boiling for another 15 minutes.

If the soup gets to be too heavy you can add more water when needed to make the mixture a bit more watery.