

# Lentil Soup

## Ingredients:

1. 1 onion quartered
2. 1 small potato cubed (or sliced into chunky pieces)
3. 1 medium sized carrot cubed (or slice into chunky pieces)
4. 1 cup orange lentils washed thoroughly
5. 2 tablespoons of vegetable oil
6. 2 tables spoons of finely chopped parcel
7. Freshly squeezed lemon juice to garnish
8. Boiling water
9. 1 tablespoon ground cumin

## Directions:

1. Thoroughly wash lentils and drain
2. In a pot, heat oil until ripples form on medium heat, add onions season with salt and fresh black pepper, sauté until translucent.
3. Add potatoes and carrots and sauté for a minute.
4. Add lentil to the pot and mix.
5. Add boiling water until it is  $\frac{3}{4}$  of an inch above lentils
6. Add 1 table spoon of ground cumin
7. Cover and lower heat to low and boil until carrots and lentil are cooked through
8. Using a hand held food processor, liquefy until smooth
9. Season to taste
10. Pour into bowl, garnish with finely chopped parsley and serve with lemon juice on the side

