

Red Lentil Soup



Serves: 6



Total Time: 30 minutes



Estimated Cost:
\$0.60 per serving

INGREDIENTS

- 1 1/2 cups red lentils, rinsed,
- 1 can diced tomatoes,
- 1 medium onion, diced,
- 3 cloves garlic, minced,
- 1 tsp cumin,
- 1 tsp turmeric,
- 1/2 tsp smoked paprika,
- 4 cups vegetable or chicken broth,
- 1 tbsp olive oil,
- Salt and lemon juice to finish

INSTRUCTIONS

- 1 Heat the oil in a large pot over medium heat. Soften the onion for 4 to 5 minutes, then add the garlic and cook another minute.
- 2 Add the spices and stir for 30 seconds.
- 3 Pour in the lentils, tomatoes, and broth. Bring to a boil, then reduce to a simmer and cook uncovered for 20 minutes, stirring occasionally, until the lentils have completely broken down.
- 4 Squeeze in a little lemon juice before serving.
- 5 Serve with crusty bread or a simple side salad.



Simple,
hearty &
budget-friendly!

