

## Lentil Soup

Makes Approx. 5 – 6 Servings

Lentils have a long history dating back thousands of years, and they have grown from the Far East to the shores of the Middle East. Cultures in the Middle East have embraced these legumes, creating delightful dishes that complement lighter meats, meatless options, and salads. Four different types of lentils are cultivated, contributing to a vast array of flavors in the region's cuisine.

<b>Amount</b>	<b>Size</b>	<b>Description</b>
1 ½	Cups	Dried Red Lentils
1	Medium	Yellow Onion – Diced
2	Medium	Carrots – Diced
3	Cloves	Garlic – Minced
1	Tbl.	Tomato Paste
6	Cups	Chicken or Vegetable Stock
2	Tbl.	Old Norse World Cuisine Lebanese Baharat
-	-	Chopped Parsley for Garnish
-	-	Canola Oil

1. Place the lentils into a strainer and rinse well.
2. Using a soup pot, add the lentils and enough water to cover them by 2” of water.
3. Boil the lentils until soft.
4. Coarsely mash the lentils, if desired.
5. Preheat a large pot and add a little oil. Add the onion and garlic and sweat for a minute.
6. Add the carrots to the pot and continue to cook.
7. Add the tomato paste and brown for a minute or two, stirring constantly.
8. Add the Lebanese Baharat and stir
9. Add chicken stock and lentils.
10. Bring the soup to a boil. Reduce the heat and simmer for 30 minutes.
11. Spoon the soup into a bowl and sprinkle a little chopped parsley for garnish.