

Moroccan Lentil Soup

Ingredients

- 1 ½-quart vegetable stock, mix vegetable base with 1 1/3-quart water
- 1 ¾ ounces-weight yellow onion diced
- ⅞ ounce-weight coconut oil
- 1 ⅓ cup dried lentils
- ¼ ounce-weight fresh garlic
- 2 ¼ ounces-weight diced tomatoes
- 3 ½ ounces-volume tomato sauce canned
- 1 ⅓ teaspoon ground cumin
- ¼ teaspoon red pepper flakes
- ⅔ teaspoon sea salt
- ⅛ teaspoon black pepper
- Few pinches of fresh cilantro



Makes 6 servings

Prep time: 10 minutes

Cook time: 1 hour, 10 minutes

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Preparation

Sauté onions in coconut oil. In large pot, bring vegetable broth to boil. Add lentils, garlic, tomatoes, tomato sauce, and onions. Bring to boil, reduce heat and simmer for 1 hour.

Add cumin, red pepper, salt, and black pepper.

Puree soup in blender or use hand held blender. Garnish with fresh cilantro and serve.

Recipe: Sodexo