

# MOROCCAN LENTIL SOUP

*A very filling soup!*

<b>ESTIMATED PREP TIME</b>	1 1/2 hr
<b>DEGREE OF DIFFICULTY</b>	Medium
<b>SERVINGS</b>	1
<b>TYPE</b>	Soup



## INGREDIENTS

<b>2 TSP</b>	<i>Extra-virgin olive oil</i>
<b>2 CUP</b>	<i>Chopped onions</i>
<b>2 CUP</b>	<i>Chopped carrots</i>
<b>4 CLOVES</b>	<i>Garlic, minced</i>
<b>1 TSP</b>	<i>Ground cumin</i>
<b>1 TSP</b>	<i>Ground coriander</i>
<b>1 TSP</b>	<i>Ground turmeric</i>
<b>1/4 TSP</b>	<i>Ground cinnamon</i>
<b>1/4 TSP</b>	<i>Ground pepper</i>
<b>6 CUP</b>	<i>Vegetable broth</i> <i>(chicken broth begins on Day 11)</i>
<b>2 CUP</b>	<i>Water</i>
<b>3 CUP</b>	<i>Chopped cauliflower</i>
<b>1 3/4 CUP</b>	<i>Lentils</i>
<b>1 CAN (28 OZ)</b>	<i>Diced tomatoes</i>
<b>2 TBS</b>	<i>Tomato paste</i>
<b>4 CUPS</b>	<i>Chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed</i>
<b>1/2 CUP</b>	<i>Chopped fresh cilantro</i>
<b>2 TBS</b>	<i>Lemon juice</i>

## DIRECTIONS

1. Heat oil in a soup pot or Dutch oven over medium heat; add onions and carrots and cook, stirring occasionally, until softened, about 10 minutes. Stir in garlic and cook for 30 seconds. Add cumin, coriander, turmeric, cinnamon and pepper; cook, stirring, until fragrant, about 1 minute.
2. Add broth, water, cauliflower, lentils, tomatoes and tomato paste; bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, until the lentils are tender but not mushy, 45 to 55 minutes. Stir in spinach and cook until wilted, 5 minutes.

## Cooking Tips:

Prepare through Step 2 and refrigerate for up to 3 days or freeze for up to 6 months; stir in cilantro and lemon juice just before serving.

Just before serving, stir in cilantro and lemon juice.

**DID YOU KNOW?** The high protein content in lentils makes them an excellent meat substitute.

