# Red Lentil Soup

**Ingredients**

1 cup dried green or brown lentils, rinsed and drained

1 onion, chopped

2 carrots, peeled and diced

2 celery stalks, diced

2 cloves garlic, minced

6 cups vegetable or chicken broth

1 can (14 oz) diced tomatoes

1 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 teaspoon smoked paprika (or regular paprika)

Salt and pepper to taste

2 tablespoons olive oil

Fresh lemon wedges and chopped fresh parsley for garnish (optional)

1. In a large soup pot or Dutch oven, heat the olive oil over medium heat. Add the chopped onion, carrots, and celery. Sauté for about 3-5 minutes, or until the vegetables start to soften.

2. Stir in the minced garlic, ground cumin, ground coriander, and smoked paprika. Cook for another 1-2 minutes until the spices become fragrant.

3. Add the rinsed lentils to the pot, followed by the diced tomatoes (with their juices), and the vegetable or chicken broth. Stir everything together.

4. Bring the soup to a boil, then reduce the heat to low and let it simmer uncovered for about 15-20 minutes. Lentils should be tender but not mushy.

5. Season the lentil soup with salt and pepper to taste. Adjust the seasoning as needed to suit your preference.

6. Ladle the hot lentil soup into bowls. If desired, garnish with a squeeze of fresh lemon juice and a sprinkle of chopped fresh parsley.


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