

Red Lentil Porridge

From : Mike Dunklee | Prep Time: 30 Minutes | Cook Time: 30 Minutes



Directions

- In a large pot, heat 3 tablespoons oil over high until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.
- Stir in tomato paste, cumin, $\frac{1}{4}$ teaspoons each salt and black pepper, and the chili powder, and sauté for 2 minutes longer.
- Add broth, 2 cups water, lentils, and carrot. Bring to a simmer, then partly cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.
- Using an immersion or regular blender or a food processor, purée half the soup, then add it back to pot. The soup should be somewhat chunky.
- Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder, if desired.

Ingredients

- 9 tablespoons olive oil, plus more for drizzling
- 3 large onion, chopped
- 6 garlic cloves, minced
- 3 tablespoon tomato paste
- 3 teaspoon ground cumin
- Salt and black pepper
- Pinch of chili powder or ground cayenne, plus more to taste
- 3 quart vegetable broth
- 3 cups red lentils
- 3 large carrot, peeled and diced
- Juice of 2 lemons, more to taste

Toppers/Sides

- Naan Bread
- Chopped fresh cilantro

Notes

