



Delish Lentil Soup



Vegan, Gluten-free

Serves 6-8

Lentils are one of the world's oldest health foods, packed with nutrients, including nutrients for your soul. It could be a full meal on its own with that enjoyable comfort feeling.

Making a yummy, hardy, and delicious soup doesn't get easier than this.

When I recommended this soup to a friend, I said: "Actually, let's make it together via FaceTime." When she agreed to this culinary journey, she didn't expect it to be that easy. 4 ingredients (water is one of them) and 4 spices... That's it!

So, shall we?

- ♥ 2 cups of dry green lentils (rinsed well and soaked in water for about 30 min)
- ♥ 2 medium-size onions (diced)
- ♥ 4-5 carrots (peeled and diced)
- ♥ Water
- ♥ 2-3 tbsp. cumin powder
- ♥ 1 ¼ tsp. ginger powder
- ♥ Salt
- ♥ Black pepper
- ♥ Olive oil (for sautéing the onions)

1. In a big and deep pot, suitable for soups, warm up a little bit of olive oil and sauté the diced onions until brown.
 2. Add the diced carrots and cook together for a couple of minutes.
 3. Make sure the lentils are well rinsed and drained and add to the pot.
 4. Add all the spices (start with 2 tbsp. of cumin and add the 3rd if desired... I prefer 3 tbsp.), add water - enough to look like soup and not like a stew.
 5. Mix well, taste, and adjust spices and water as needed.
 6. Bring to boil, cover, and reduce to low heat. Mix periodically.
 7. Cook until carrots and lentils are soft.
 8. Voila! Yummy in your tummy.
- Optional ways to serve are with a little bit of rice, or with **Fun Buns** and/or sprinkle with parmesan cheese.
 - If too spicy while tasting as it's cooking, simply add more water.
 - Just to make a mental note: soups, in general, are much yummier a day later.