



JONATHAN'S
GIVE-LENTILS-A-CHANCE

SAVORY RED lentil soup

“My sisters and I used to lament the nights mom would serve up the green mush that was her mother’s lentil soup recipe. For decades since, I’ve avoided the legume assuming it was a lost cause of blandness. That was until I was convinced to revisit the protein powerhouse in its red variety, with a recipe that has become a family favorite when the days turn cold and the skies, gray.”

— Jonathan, Creative Team

YIELD: 4 servings

INGREDIENTS

- 4 tbsp olive oil
- 1 large yellow onion, chopped
- 3 cloves fresh garlic, minced
- 6 oz can tomato paste
- 3 tsp ground cumin
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 tsp chili powder
- 1½ quart (6 cups) chicken broth
- 1½ cups red lentils
- 2 large carrots, diced
- Juice of 1 lemon
- 4 tbsp chopped fresh cilantro
- Sour cream (optional)

MATERIALS

- Large pot

INSTRUCTIONS

1. In a large pot, preheat the olive oil over medium-high, then add the onion and garlic and sauté until translucent and the edges are beginning to brown.
2. Stir in tomato paste, cumin, salt, pepper, and chili powder, continue to sauté until evenly mixed and bubbling.
3. Add chicken broth, lentils, and carrots to the pot. Bring to a simmer, then cover pot and turn heat to medium-low. Simmer until lentils are soft, about 40 minutes.
4. Stir in lemon juice and cilantro. Ladle into bowls and top with a dollop of fresh sour cream, if desired.

TRANSLUCENT ONIONS

The stage of cooking when onions become semi-clear and light in color. This occurs as the onions release moisture and sugars, which then caramelize, giving them a sweet flavor and a tender texture.