

# *Easy Lentil soup*

## *Ingredients*

1 Tbs olive oil  
2 tsp cumin  
2 tsp salt  
½ tsp ground coriander  
1 medium onion, chopped  
1 lg carrot; diced  
1 lg or 2 small parsnips, diced (optional)  
1 stalk celery, diced  
2 garlic cloves; peeled and chopped  
1 pound lentils, picked and rinsed  
2 quarts chicken broth/stock  
1 15 oz can diced tomatoes, with liquid

## *Instructions*

Heat oil in heavy large Dutch over medium-low heat. Add onion, carrot, parsnip, celery, salt and garlic. Sauté until onion is golden and tender, about 5-7 minutes. Add lentils, tomatoes, cumin, coriander and stir to combine. Add broth, increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Salt and pepper to taste.

Take a portion of the soup out of the pot, and into a separate bowl. Using a stick (immersion) blender, puree. Add this back into the soup. Repeat if necessary to your preferred consistency. Serve immediately.