

Moroccan Spiced Red Lentil Soup

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Recipe Summary

Difficulty: Easy

User Rating: ★

1 tablespoon olive oil
2 medium yellow onions, chopped
4 garlic cloves, minced or pureed
4 stalks of celery, washed and sliced crosswise 1/2-inch thick
2 teaspoons salt
1 teaspoon freshly ground black pepper
1 teaspoon ground turmeric
1 teaspoon ground cumin
1/4 teaspoon ground ginger
1 teaspoon ground cinnamon
1 generous pinch saffron
1 bay leaf
1 tablespoon tomato paste
1 large or 2 medium Yukon Gold potatoes, peeled and diced
1 pound red lentils
2 quarts water
1 cup cooked wheat berries
6 Italian Roma tomatoes, cored and diced
1/2 bunch cilantro, washed, leaves sliced thin crosswise

Heat olive oil in Dutch oven over medium heat. Add onions and cook, stirring, 10 minutes until softened and beginning to color. Add garlic and cook one minute to release its aroma. Add celery and cook 2 minutes until softened. Add 1 teaspoon of salt, the pepper and the turmeric, cumin, ginger, cinnamon, saffron, and bay leaf and cook 2 to 3 minutes to develop the flavor of the spices. Add tomato paste, potatoes, lentils and water and cook 45 minutes; the lentils and potatoes should be quite tender. Stir in remaining 1 teaspoon salt, wheat berries and tomatoes and heat through. Taste and adjust seasoning. Serve garnished with cilantro.

CROUTONS TO FLOAT ON A BOWL OF SOUP

1 loaf long skinny bread, sliced on the diagonal 3/4-inch thick
2 to 3 tablespoons olive oil or softened butter

Preheat oven to 350 degrees. Lightly brush oil or butter on both sides of bread slices. Arrange bread in a single layer on a cookie sheet and bake 10 minutes. Remove from oven and cool croutons on a wire rack.

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