

**Red Lentil Soup** (from Moosewood Restaurant Cooks at Home) (Good on Days 1, 2, 3, 4, 9, 10)

Makes 4 to 6 servings

**1 ½ cup red lentils**

**6 cups water**

**3 bay leaves**

**4 garlic cloves, minced**

**2 slices fresh ginger root, each about the size of a quarter**

**2 medium carrots (1 cup grated)**

**1 cup canned tomatoes, or 1 medium tomato, chopped (undrained)**

**1 small red or green bell pepper (1/2 cup finely chopped)**

**1 ½ cup chopped onions**

**2 tablespoons olive oil**

**1 ½ teaspoons ground cumin**

**1 ½ teaspoons ground coriander**

**Pinch of cayenne**

**2 tablespoons fresh lemon juice**

**Salt and ground black pepper to taste**

1. Sort and rinse the lentils. Put them into a soup pot with the water. Cover and place on high heat. When they boil skim the foam from the top. Add the bay leaves, garlic and ginger.
2. Meanwhile, prepare the carrots, tomatoes and bell peppers, and add them to the pot. Bring to a boil, stir, reduce the heat and simmer, covered, for 15 to 20 minutes, until the lentils are tender.
3. While the vegetables simmer, sauté the onions on medium heat in the olive oil in a skillet for about 10 minutes or until browned. Add the cumin, coriander, and cayenne, and sauté for another minute, stirring to prevent sticking. Remove from the heat. When the lentils are tender, remove the bay leaves and ginger from the soup pot. Stir in the sautéed onions and the lemon juice. Add the salt and pepper to taste.