



Mediterranean Red Lentil Soup

Sandy's favourite soup is so good her friends book a time to come over for lunch. I'm scheduled for sometime next fall, but I might get bumped up if I bring some good flat-bread for dunking!

Ingredients

- 2 tsp Butter or margarine
- 2 Medium chopped onions
- 6 Garlic cloves
- 3 tsp Ground cumin
- 2 Carrots (large), peeled and diced
- 2 Stalks celery, minced
- 2 Medium potatoes, peeled and diced
- 8 cups Chicken stock or veg. broth
- 2 cups Water
- 1 1/2 tsp Hot sauce (Uncle Frank's)
- 4 Tbsp Lemon juice
- 2 cups Dry red lentils
- Black pepper
- Cilantro

Directions

1. Melt margarine and sauté onions & garlic, 5 min
2. Add cumin, cook and stir for 1 min
3. Stir in carrots, celery, lentils, potatoes, broth and water. Bring to a boil
4. Reduce heat and simmer, partially covered, for 30 minutes or until lentils and veggies are tender
5. Puree soup with a stick blender and stir in hot sauce, lemon juice and cracked pepper to taste
6. Garnish with chopped cilantro and a drizzle of hot sauce.