



Curried Lentil Soup

6 servings

- 2 Tablespoons olive oil, divided
- 1 cups dry lentils* (rinsed)
- 5 cups water
- 1/4 cup onion, scrubbed with clean vegetable brush under running water, chopped
- ½ cup carrots, scrubbed with clean vegetable brush under running water, chopped
- 1 garlic clove, gently rubbed under cold running water, minced
- 1/4 cup uncooked vermicelli noodles**
- ½ teaspoon curry powder
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ¼ cup fresh parsley, gently rubbed under cold running water, chopped (optional)
- 1 lemon, sliced (optional)
- 1 jalapeño, scrubbed with clean vegetable brush under running water, sliced (optional)



- 1. Wash hands with soap and water.
- 2. In a medium sized saucepan, heat 1 tablespoon of oil over medium heat. Add lentils and sauté for 3 minutes. Stir constantly to prevent burning.
- 3. Add water to sauteed lentils. Bring to a boil and cook for 10 minutes while stirring occasionally. Set aside to cool slightly.
- 4. In a medium skillet, heat 1 tablespoon oil over medium heat. Add onions, carrots, and garlic, and sauté for 5 minutes, or until tender.
- 5. Carefully transfer the lentil mixture into a food processor or blender. Process until smooth. Be careful, it could be hot.
- 6. Place processed lentils back into the saucepan and add the sautéed onion, garlic, carrot, vermicelli noodles, curry, salt, and pepper and stir to combine. Bring to a boil, then reduce the heat and simmer for 10-15 minutes, or until noodles are tender. Add more water to reach the desired consistency.
- 7. Garnish with parsley and serve with lemon and jalapeño slices, if desired.
- 8. Store leftovers in a sealed container in the refrigerator for up to four days.

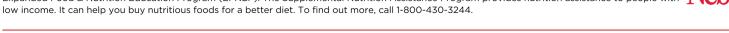
Nutrition Information per Serving (1½ cups): Calories 180, Total Fat 5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 115mg, Total Carbohydrates 26g, Fiber 4g, Total Sugars 2g, includes 0g Added Sugars, Protein 9g, Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 6%.

Source: This recipe was created in collaboration with Community Crops and Yazidi Project.

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^{*}Any type of lentil can be used in this recipe.

^{**}Other types of thin noodles can be used, such an spaghetti.