

Lentil Soup



Recipe courtesy of Alton Brown

Show: Good Eats Episode: Pantry Raid 6: Lentils

Yield: 6 to 8 servings

Total: 1 hr 15 min

Prep: 30 min

Cook: 45 min

Ingredients:

- 2 tablespoons olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 2 teaspoons kosher salt
- 1 pound lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes
- 2 quarts chicken or vegetable broth
- 1/2 teaspoon freshly ground coriander
- 1/2 teaspoon freshly ground toasted cumin
- 1/2 teaspoon freshly ground grains of paradise

Directions:

Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. 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. Using a stick blender, puree to your preferred consistency. Serve immediately.



Related Pages

[Lentil Sausage Soup Recipe](#)

[Lentil Vegetable Soup Recipe](#)

[Moroccan Spiced Red Lentil Soup Recipe](#)

[Sausage, Kale, and Lentil Soup Recipe](#)

[Ham Hock and Lentil Soup Recipe](#)

[The Best Lentil Soup Recipe](#)