



# Lentil Soup with Moroccan Spice

by Bill Bradley, Registered Dietitian and Cookbook Author

## Ingredients (Serves 6)

1/4 cup extra virgin olive oil  
 2 small or 1 large onion, chopped small  
 3 stalks celery, chopped small  
 3 carrots, chopped small  
 2 quarts chicken or vegetable broth  
 1 pound lentils, rinsed and picked through  
 3 Tablespoons tomato paste  
 1 teaspoon balsamic vinegar  
 1 teaspoon Dijon mustard  
 1/2 teaspoon cumin  
 1/2 teaspoon turmeric  
 1/2 teaspoon smoked paprika  
 salt and pepper, to taste  
 4 cloves garlic, minced

## Directions

1. Heat oil in a large, thick-bottomed soup pot.
2. Sauté onion, celery, and carrots until soft (about 5 minutes).
3. Add broth, lentils, tomato paste, balsamic vinegar, mustard and spices. Bring to a boil and then simmer until lentils are desired softness (35-40 minutes). Add salt and pepper to taste.
4. Turn off heat and stir in minced garlic.