

Lentil Cumin Soup



Prep:

15 minutes

Total:

45 minutes

Makes:

8 full servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

Rate ★★★★★

Recipe:

Contributed By:

Marni Wasserman
Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

1 ½ cups
yellow onion, julienned, use Cone #2
(240
g)
2 pinches of sea salt
2 carrots, peeled and sliced, use Cone #4
1 ½ cups
celery, peeled and sliced, use Cone #4
(152
g)
1 teaspoon
garlic
(3
g)
2 teaspoons
ground cumin
(4
g)
2 cups
red lentils, rinsed well
(384
g)
8 cups
vegetable stock or water
(1.9
L)

2 bay leaves
2 tablespoons
fresh lemon juice
(30
mL)
¼ teaspoon
maple syrup
(2
g)

Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add the onions and pinch of salt; cook until golden brown. Add the carrots, celery and garlic, and sauté for about 30 seconds.
2. Add the cumin, lentils and pinch of salt. Stir to combine.
3. Add the vegetable stock and bay leaves, and cover. When Vapo-Valve™ clicks, reduce heat to low and simmer until the vegetables are softened and the lentils have cooked through; approximately 30 minutes.
4. Add lemon juice and maple syrup. Stir to combine and serve.

Nutritional Information per

▼ Serving

Calories: 209
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 1268mg
Total 38g
Carbs:
Dietary Fiber: 16g
Sugar: 6g
Protein: 13g