

Lentil Soup

Recipe courtesy Alton Brown, 2006



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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

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Instructions

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.

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