



# Nourishing Red Lentil Soup



Source

@healthywitheliana\_



Servings

2 servings



Cook time

1 hour

## Ingredients:

- 1 cup red lentils (rinsed)
- 1 tbsp olive oil
- 1 small onion (chopped)
- 2 garlic cloves (minced)
- 1 carrot (chopped)
- 1 tsp ground turmeric
- 1/2 tsp cumin
- 4 cups vegetable broth
- Juice of 1 lemon
- Salt and pepper to taste

## Steps for Cooking:

1

- Heat olive oil in a pot, sauté onion, garlic, and carrot until soft.
- Stir in turmeric and cumin, cooking for 1 minute.
- Add lentils and broth. Simmer for 20 minutes until lentils are tender.
- Blend for a creamy texture or leave chunky.
- Add lemon juice, salt, and pepper. Serve warm and enjoy!



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