



More than Food

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Afghan Red Lentil Soup

with Cumin, Mint, and Lemon

In this Afghan-inspired soup, pungent herbs and spices elevate humble lentils to new heights. The combination of both dried and fresh mint highlights different qualities of the same ingredient. Relax, curl up, and enjoy!

45 min

level 1

vegan

nut free

gluten free



Red Lentils



Yellow Onion



Carrots



Celery Stalk



Lemon



Garlic



Fresh Mint



Whole Plum Tomatoes



Cumin



Dried Mint

Ingredients

	2 People	4 People
Red Lentils	1 C	2 C
Yellow Onion	1	2
Carrots	6 oz	12 oz
Celery Stalk	1	2
Lemon	1	2
Garlic	2 cloves	4 cloves
Fresh Mint	½ oz	1 oz
Whole Plum Tomatoes	1 can	2 cans
Cumin	1 t	2 t
Dried Mint	1 t	2 t
Oil*	1 T	2 T

*Not Included

Allergens

Tools

Peeler, Large Pot,
Zester, Masher

Ruler

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Nutrition per person Calories: 530 cal | Carbs: 93 g | Fat: 8 g | Protein: 29 g | Fiber: 26 g | Sodium: 134 mg



1 Prep the veggies: halve, peel, and dice the **onion**. Peel the **carrots** then finely dice. Finely chop the **celery**. Mince or grate the **garlic**. Zest the **lemon** then halve. Cut one half into 4 wedges. Thinly slice the **fresh mint**, reserving a few leaves for garnish.



2 Heat 1 Tablespoon oil in a large pot over medium-high heat. Add the **onion, garlic, celery**, and **carrot** and cook, tossing, for 4-5 minutes until softened. Add the **cumin** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



3 Add the tomatoes and the **dried mint** to the pot. Using a potato masher or wooden spoon, break up the **tomatoes** until almost smooth. Add the **lentils**, and **2 cups water** to the pot. Bring to a boil then reduce to a simmer for 25-30 minutes, stirring occasionally, until the lentils are tender. Season with salt and pepper.

4 Add the sliced mint and the juice of **half the lemon** and stir to combine.

TIP: If you have a blender, you can blend the soup for a creamier consistency!

5 Ladle the soup into bowls and garnish with **lemon zest** (to taste), **reserved lemon wedges**, and **fresh mint leaves**. Enjoy!

