

Lentil Soup

Hearty red lentil soup with aromatic vegetables and lemon. Easy 30-minute recipe perfect for a comforting, nutritious meal. Vegetarian-friendly.

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Lentil Soup

Ingredients

- 1 cup red lentil
- 3 clove garlic
- 1 tbsp tomato paste
- 1 tbsp butter
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp dry mint
- 1 cup vegetable broth

Instructions

- 1 Prepare the aromatics**

Mince 3 cloves of garlic finely and set aside.
- 2 Rinse the lentils**

Place 1 cup of red lentils in a fine-mesh strainer and rinse under cold running water until the water runs clear, about 1-2 minutes. Drain completely.
- 3 Build the soup base**

Heat 1 tablespoon of butter in a large pot over medium heat until melted and foaming. Add the minced garlic and cook until fragrant, about 30 seconds.
- 4** Add 1 tablespoon of tomato paste to the pot and stir constantly for 1 minute until it deepens in color and becomes aromatic.
- 5** Pour in 4 cups of water and add the rinsed red lentils, 1 teaspoon of salt, and 1 teaspoon of black pepper. Stir to combine and bring to a boil over high heat.
- 6 Simmer the soup**

Reduce heat to medium-low and simmer uncovered for 20-25 minutes, stirring occasionally, until the lentils are completely tender and breaking apart when pressed with a spoon.
- 7 Blend and finish**

Remove the pot from heat and use an immersion blender to puree the soup until completely smooth and creamy, about 1-2 minutes.

8 Stir in 1 tablespoon of lemon juice and return the pot to medium heat. Bring to a gentle simmer and cook for 2 minutes to meld the flavors.

9 **Serve**

Taste and adjust seasoning with additional salt and pepper if needed. Ladle the hot soup into bowls and serve immediately.

Tips

Rinse red lentils thoroughly before cooking to remove any dust or debris and prevent cloudiness in the finished soup.

Don't skip the lemon juice at the end - it brightens all the flavors and adds essential acidity that balances the earthiness of the lentils.

For extra flavor depth, toast whole cumin seeds and bay leaves in the pot before adding liquid, then remove the bay leaves before blending.

If you prefer a chunkier texture, blend only half the soup and stir the smooth portion back into the chunky remainder.

Make a larger batch and freeze portions in single-serving containers for quick, healthy meals throughout the week.

Adjust the consistency after blending by adding hot water or broth gradually until you reach your preferred thickness.

Taste and adjust seasoning after blending, as the flavors can change once the soup is pureed.

For a restaurant-quality finish, drizzle with good quality olive oil and sprinkle with fresh herbs just before serving.