



Lebanese Lentil Soup

A Quick, Simple and Flavorful Lentil Soup with Savory Middle Eastern Flavor and a Lemon Kick



My Father was born in "Jaffa" in the early 40's, then raised in Lebanon. My entire life, I've had Arabic food, thanks in large part to my dad being known as 'the cook' in his family. A few years ago, I tried making a few recipes that I found online and they were horrible. I set out to try to make a soup similar to my Father's, but with my own twist to it. It took me 2 years of trial and error to finally come up with this deliciously addictive, yet surprisingly simple to make, Lentil soup. The addition of a pureed can of garbanzo beans add a flavorful, creamy richness to the soup, while a healthy dose of lemon juice gives it just the right amount of zing.

Ingredients:

- 16oz Lentils, dry
- 1 large onion, diced
- 5-6 medium garlic cloves, diced/minced
- 1-1/2 tsp salt
- 1/2 tsp coarse black pepper
- 1 Tbsp ground cumin
- 14 cups fat free chicken broth (see notes)***
- 1/3 cup lemon juice
- 15oz canned chickpeas, liquid included

Serving Info.:

Yields: 15 cups
Servings: 10
Serving Size: 1.5 cup



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- last checked 12/03/23 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

- 1 In a large pot, cook the onions and garlic, with cooking spray, for 2-3 minutes.
- 2 Add the salt, pepper and cumin. Stir and cook for 1 minute, then add the dried lentils. Continue cooking and stirring for 1 more minute. You want to impart the toasted cumin flavor onto the lentils.
- 3 Pour in the broth and lemon juice, bring to a boil.
- 4 Use a blender or immersion blender (pictured) to puree the contents of the canned chickpeas/garbanzo beans till smooth. Pour the puree into the into the pot of soup, stir to combine.
- 5 Reduce heat to medium-low and allow the soup to cook at a low boil for 40 minutes, uncovered.
- 6 Turn off heat, allow to cool slightly before serving.

Note:

- I used brown colored lentils, not red, for this soup.
- **LEFTOVERS!!!:** This soup is great the day of, HOWEVER... when you put the leftovers in the fridge, the lentils continue to soak up the broth. By the next day, there is around 1 less cup of broth in the soup than there was the day before, causing the flavors to be MUCH more concentrated and the soup to be much thicker. I highly recommend adding some additional broth into the leftovers, the following day. It will get the soup's flavors and texture back to where it was the day before... Those pesky lentils!
- **BROTH:** Lentil Soup "Vegan Edition": Feel free to use vegetable broth, instead of the chicken broth. However, make sure to adjust your points though. As crazy as it sounds... most brands of vegetable broth are a LOT higher in points than chicken broth. Because, you know... I, uh, guess celery and carrots have more calories than chickens... or something. Use whatever type of broth you want, but check the points.