

Long Livo

Arabic Lentil Soup: Flavorful and Nutritious Recipe

10 min Prep time	**30 min** Cook time	**40 min** Total time
6 Servings	**Easy** Difficulty	**Middle Eastern** Cuisine

Ingredients

For the Soup

- [ ] 2 tbsp olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 2 medium carrots, peeled and chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 1/2 cups red lentils, rinsed
- [ ] 1 1/2 tsp ground cumin
- [ ] 1/2 tsp ground coriander
- [ ] 1/4 tsp turmeric powder
- [ ] 6 cups vegetable broth, low sodium
- [ ] Salt and freshly ground black pepper to taste

For Garnish (Optional)

- [ ] Fresh lemon wedges
- [ ] Chopped fresh parsley or cilantro
- [ ] Extra virgin olive oil for drizzling
- [ ] Pita croutons

Instructions

1. First, we'll build our flavor base. Place a large pot or Dutch oven over medium heat and add the olive oil. Once it shimmers, add the chopped onion and carrots. Sauté them gently, stirring occasionally, for about 6-8 minutes, until they soften and the onion becomes translucent. You want them to release their sweetness without browning too much. Then, add the minced garlic and cook for just one more minute until you can smell its beautiful aroma. Be careful not to let the garlic burn, or it will turn bitter.

2. Now it's time to wake up the spices. Sprinkle the ground cumin, coriander, and turmeric over the softened vegetables. Stir everything together constantly for about 30-60 seconds. This step, called blooming, toasts the spices and deepens their flavor, making your whole kitchen smell absolutely divine. It's a tiny step that makes a huge difference in the final taste of the soup. Once the spices are fragrant, pour in the rinsed red lentils and the vegetable broth. Give it all a good stir to combine.

3. Increase the heat to high and bring the soup to a boil. As soon as it reaches a rolling boil, reduce the heat to low, cover the pot, and let it simmer gently. The lentils need about 20-25 minutes to become completely tender and start to fall apart. You'll know they're ready when they look soft and have absorbed a good amount of the liquid, and the vegetables are very tender. The whole mixture will look a bit like a thick, rustic porridge at this point. This slow simmer is where all the flavors meld together into something truly special.

4 Once everything is cooked through, it’s time to create that signature velvety texture. Remove the pot from the heat. Using an immersion blender, carefully blend the soup directly in the pot until it’s completely smooth and creamy. If you’re using a countertop blender, let the soup cool for a few minutes before blending in batches. Once smooth, return the soup to the pot. Season generously with salt and pepper to your taste. Ladle the hot soup into bowls and serve with a big squeeze of fresh lemon juice, a drizzle of olive oil, and a sprinkle of fresh parsley. It is a wonderful starter to a nice main dish like this pasta spaghetti .

Nutrition per serving

280 kcal	16 g	42 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- The consistency of the soup is a personal preference. If you find it too thick after blending, you can always stir in a bit more warm broth or water until it reaches your desired texture. Conversely, if it's too thin, simmer it uncovered for a few more minutes to thicken up.
- Do not skip the lemon juice at the end! The acidity is essential for brightening up the earthy flavors of the lentils and cumin. It truly lifts the entire dish and makes all the flavors pop. Serve with extra wedges on the side so everyone can add as much as they like.
- For a heartier soup, you can add a diced potato or a bit of celery with the onions and carrots. The potato will add extra creaminess, and the celery will add another subtle layer of savory flavor. It's a lovely way to make the soup even more substantial.