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Posted on 19 May 2014  
*by HotRice*

## Easy Arabic Soup

## Ingredients

300ml Red lentils  
300g potato, peeled and sliced  
250g carrot, peeled and sliced  
2 small onions, chopped  
2tbsp cooking oil  
1 tsp cumin  
1 pinch cayenne pepper  
1 pinch black pepper  
2 cloves garlic, crushed  
2 cubes vegetable stock  
Salt to taste

## Preparation

- 1 Rinse lentils in cold water. Peel and slice potatoes, carrots and onions.
- 2 Fry the potatoes, carrots and onion in oil in a large soup pot.
- 3 Season with cumin, cayenne and black pepper. Then add garlic, lentils and 4 cups of water with vegetable stock cubes.
- 4 Let soup boil for 15 minutes or until vegetables are tender. Mix the soup with a hand blender.

## Cooks Note

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