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Posted on 20 May 2014  
*by Apricot*

## Quick Arabic Soup

## Ingredients

3tbsp olive oil  
1 large onion, chopped  
2 garlic cloves, minced  
1tbsp tomato paste  
1tsp ground cumin  
¼ tsp kosher salt  
¼ tsp ground black pepper  
Pinch of ground chili powder or cayenne  
1L chicken or vegetable broth  
1 cup red lentils  
1 large carrot, peeled and diced  
Juice of ½ lemon  
3tbsp fresh cilantro, chopped

## Preparation

- 1 In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering. Add onion and garlic, and saute until golden, about 3 minutes.
- 2 Stir in tomato paste, cumin, salt, black pepper and chili powder or cayenne, and saute for 2 minutes longer.
- 3 Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.
- 4 Using an immersion or regular blender or a food processor, puree half the soup then add it back to pot. Soup should be somewhat chunky.
- 5 Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder if desired.

## Cooks Note

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