

## Lentil Soup

### Ingredients

- 2 tablespoons olive oil
- 1 cup finely chopped onion
- ½ cup finely chopped carrot
- ½ cup finely chopped celery
- 2 teaspoons kosher salt
- 1 lb lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes
- 2 quarts chicken or vegetable broth
- ½ teaspoon freshly ground coriander
- ½ teaspoon freshly toasted cumin
- ½ teaspoon freshly ground grains of paradise

### Directions

- Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approx. 6 to 7 minutes
- Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine
- Increase the heat to high and bring just to a boil
- Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approx. 35 to 40 minutes.
- Using a stick blender, puree to your preferred consistency
- Serve immediately

Recipe courtesy of Alton Brown