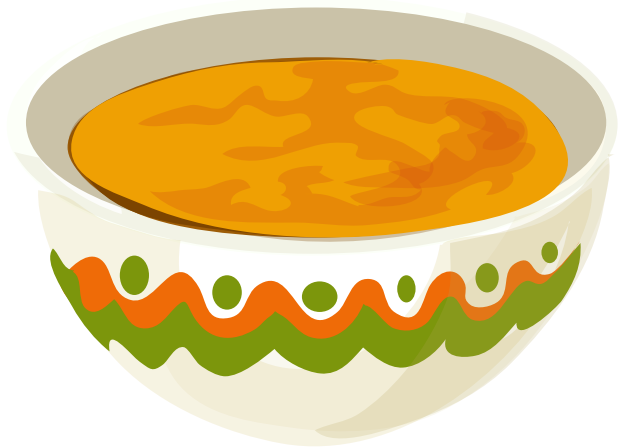


SUDAN RED LENTIL SOUP (Addas)

8-12 Servings

INGREDIENTS

- 2 cups dried split red lentils
- 3 cups chicken broth
- 3 cups water
- 2 Tbsp cooking oil
- 1 large onion - diced
- 1 green pepper - diced
- 3 stalks celery - diced
- 10 fresh tomatoes - diced OR 796 mL canned tomatoes
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp pepper
- 1 tsp salt



This is a tasty soup with a thick consistency and a nice mild flavour. The vegetables could be pureed if a smoother soup is preferred. Perfect for a cold day!

DIRECTIONS

1. Rinse lentils well. Add lentils, water and chicken broth to a saucepan, bring to a boil then reduce heat to low and cook for 30 minutes.
2. While lentils are cooking, add oil to large saucepan and heat up. Add diced onions, green pepper, and celery. Cook, stirring occasionally for about 3-5 minutes until onions are translucent. Add spices and cook for 1 minute. Add tomatoes
3. Add lentils to saucepan with vegetables and cook on low for 30 minutes. Add more water if a thinner consistency is desired.
4. Serve warm with bread (if desired).

Thank you to Emmanuel Mission summer learning program for this recipe!