

Lemony Lentil Soup with Cilantro

Category: Soup

Servings: 6

Rating: 10

Source: Epicurious

Description:

This is one of those soups that needs to be reheated a couple of times to get the full flavor. By the third day it's quite delicious. You could add a bit of chopped up carrot while cooking the lentils.

Ingredients:

1/2 cup, chopped	cilantro
7 Tbsp.	olive oil
to taste	salt
1 medium, chopped	onion
1/2 tsp.	ground allspice
1 cup	brown lentils
28 oz. reduced sodium	chicken broth
2 to 3 cups	water
2 Tbsp.	lemon juice

Instructions:

Puree cilantro with 6 Tbsp. of the oil and 1/4 tsp. salt in a blender until smooth.

Cook onion in remaining oil in a heavy 3 qt. saucepan over moderate heat, stirring occasionally, until beginning to brown, 4 to 5 minutes. Add allspice and salt and cook, stirring frequently for 1 minute. Add lentils, broth and water and bring to a boil, then reduce heat and simmer, covered, until lentils are very soft, about 30 minutes.

Transfer 1 cup lentils with some broth to a blender and puree until smooth, then return to saucepan. Add lemon juice and fresh-ground pepper to taste. Stir in cilantro puree.