



BETH WARREN

NUTRITION

Syrian Ades Lentil Soup

A delicious plant-based soup with a Syrian inspired twist.

INGREDIENTS

1 cup split red lentils (I used 2 bags ready-to-eat brown lentils in this photo, rinsed, and skipped boiling step)

4 cups water

2 large garlic cloves, crushed

1/2 tsp coriander

1 tbsp salt

2 tbsp oil

1 1/2 tsp Cumin

Crushed red pepper, to taste

Lemon juice, to taste

INSTRUCTIONS

In a pot, heat the garlic and spices in oil to bring out the flavors. If using bagged brown lentils, give a rinse and place into pot. Add the rest of the ingredients and cook about 25 minutes.