

Egyptian Lentil Soup

1lb bag of Lentils
1 head of Garlic
2 ripe Tomatoes
1 8oz can of Tomato Paste
1 large dry Onion
3 Tbsp Cumin
1 Tbsp ground Coriander
1 Tbsp Fennel Seed
2 tsp Salt
1 tsp crushed Red Pepper
1/3 c Olive Oil

Rotini

Lime wedges

1. Peel and slice Garlic
2. Dice tomatoes
3. Chop the onion finely and set aside
4. Wash lentils and place in soup pot along with the garlic, diced tomatoes, and tomato paste
5. Add water to cover and bring to a rolling boil
6. Reduce heat, cover, and simmer stirring frequently so lentils don't stick
7. When the water is all absorbed remove from heat
8. In a blender, blend in batches until smooth. Fill blender to about 1/3 for each batch, add a little water if necessary. Temporarily store blended soup in a bowl and return to the pot when batch blending is complete.
9. Put the soup pot back on high heat, add the spices, add water or boil a bit to adjust thickness
10. Heat the oil in a frying pan and fry the onions until golden
11. Add the onion and the oil to the soup and stir well

Serve over rotini with lime wedges