

Egyptian Lentil Soup with Caramelized Onions

7 ingredients · 30 minutes · 10 servings



Directions

1. In a large pot, heat the water over high heat while you prepare the remaining ingredients.
2. Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
3. Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
4. Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
5. Divide into bowls and top with the caramelized onions. Enjoy!

Notes

More Toppings

Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

No Lemon Juice

Use apple cider vinegar instead.

Serving Size

One serving is equal to approximately one cup of soup.

Storage

Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.

Ingredients

- 8 cups Water
- 2 1/2 cups Dry Red Lentils (rinsed)
- 3 Yellow Onion (medium, peeled and sliced, divided)
- 4 Garlic (cloves, minced)
- 2 tsps Cumin
- 2 tsps Sea Salt
- 2 Lemon (juiced)