



St. Charles Hospital

Catholic Health Services

At the heart of health

RED LENTIL SOUP



Ingredients



1 tbsp. Garlic	½ cup Carrots, diced ½"
½ cup Celery, diced ½"	1 cup Onion, ½" diced
1 tbsp. Ginger, minced	1 tbsp. Olive Oil
1 each Jalapeno, minced	8 oz. Crushed tomato
1 lb. Red lentils	2 qt Chicken broth, low Sodium
1 tbsp. Curry Powder	1 tsp Cumin
½ tsp Cinnamon	1 tbsp. Cilantro, chopped
1 oz. Lemon Juice, fresh	

Directions

1. Add carrot, celery, garlic, jalapeno, olive oil, ginger and onion, sauté stirring occasionally until sweating
2. Add lentils, chicken broth, crushed tomato, bring to a simmer
3. Add curry, cinnamon, cumin and continue to simmer until lentils are tender.
4. Adjust seasoning. Simmer for 10 minutes more
5. Puree with immersion blender until smooth
6. Add cilantro and lemon juice, adjust seasoning

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