

Lemony Lentil Soup

From gimmesomeoven.com

Ingredients

1 tablespoon olive oil
1 medium white onion, peeled and diced
2 medium carrots, diced
5 cloves garlic, peeled and minced
6 cups vegetable stock (or chicken stock)
1 1/2 cups red lentils, rinsed and picked over
2/3 cup whole-kernel corn
2 teaspoons ground cumin
1 teaspoon curry powder
(optional) pinch each of saffron and cayenne
zest and juice of 1 small lemon
fine sea salt and freshly-cracked black pepper

Instructions

Stovetop Instructions:

1. Sauté the veggies. Heat oil in a large stockpot over medium-high heat. Add onion and carrots and sauté for 5 minutes, stirring occasionally, until the onions are soft and translucent. Add garlic and sauté for 1 more minute, stirring occasionally, until fragrant.
2. Simmer. Stir in the vegetable stock, lentils, corn, cumin, curry powder (plus saffron and cayenne, if using) until combined. Continue cooking until the soup reaches a simmer. Then cover and cook for 15 minutes, stirring occasionally, until the lentils are completely tender.
3. Blend (optional). Using either a hand blender or traditional blender, puree the soup until it reaches your desired consistency. (If using a traditional blender, please see notes below.)
4. Season. Stir in the lemon zest and juice until combined. Taste and season the soup with a generous pinch or two of fine sea salt and black pepper, as needed.
5. Serve. Serve warm, garnished with an extra fresh lemon slice if desired.

Instant Pot (Pressure Cooker) Instructions:

1. Sauté the veggies (optional). Press the "Sauté" button on your Instant Pot. Add oil and let it heat until shimmering. Add onion and carrots and sauté for 5 minutes, stirring

occasionally, until the onions are soft and translucent. Add garlic and sauté for 1 more minute, stirring occasionally, until fragrant. Press “Cancel”.

2. Cook. Stir in the vegetable stock, lentils, corn, cumin, curry powder (plus saffron and cayenne, if using) until combined. Cover the pot and set vent to “Sealing”. Cook on high pressure for 8 minutes, followed by a quick release.
3. Blend. Using either a hand blender or traditional blender, puree the soup until it reaches your desired consistency. (If using a traditional blender, please see notes below.)
4. Season. Stir in the lemon zest and juice until combined. Taste and season the soup with a generous pinch or two of fine sea salt and black pepper, as needed.
5. Serve. Serve warm, garnished with an extra fresh lemon slice if desired.

Crock-Pot (Slow Cooker) Instructions:

1. Slow cook. Add onion, carrots, garlic, vegetable stock, lentils, corn, cumin, curry powder (plus saffron and cayenne, if using) to the bowl of a large slow cooker, and stir to combine. (No olive oil needed.) Cover and cook on high for 2-3 hours, or on low for 5-6 hours, until the lentils are completely tender.
2. Blend. Using either a hand blender or traditional blender, puree the soup until it reaches your desired consistency. (If using a traditional blender, please see notes below.)
3. Season. Stir in the lemon zest and juice until combined. Taste and season the soup with a generous pinch or two of fine sea salt and black pepper, as needed.
4. Serve. Serve warm, garnished with an extra fresh lemon slice if desired.