

Tomato & Lentil Soup

Swick

Serves 1 | Active Time: 55 minutes | Total Time: 55 minutes

Making the Soup

To prepare your mise en place, finely dice the onion. Mince the garlic and chilies. Remove the curry leaves from the stem and set aside.

Set up a strainer over a bowl. Break open each whole tomato and remove the seeds, allowing the juice to collect in the bowl below. Place the de-seeded tomatoes into a separate bowl and roughly chop with kitchen scissors. Measure out the 2 cups of the strained tomato juice. Set aside.

Gather the stock, red lentils, cumin and oil and set aside.

To make the soup, heat a heavy-bottomed pot over medium-low heat and add the oil, followed by the onions, garlic and chilies.

*Note: If desired, omit the oil and dry-sauté the onions, garlic and chilies with a bit of vegetable stock or water.

Sweat until the onions are translucent, about 8 to 10 minutes. Add the cumin and curry leaves and cook until fragrant, about 1 minute or so.

Add the chopped tomatoes, tomato juice, stock, salt and season with pepper to taste. Bring to a simmer.

Once simmering, add the lentils and continue to simmer for approximately about 20 to 40 minutes or until the lentils are fully cooked through. Ultimately, the time it takes will depend on the lentils age etc. Also, how thick the soup is and how high the heat is will alter the cooking time.

Once the lentils are cooked through, season the soup with salt and pepper to taste.

For a thicker texture, you may want to partially blend the soup with an immersion blender.

Serve the soup in warmed bowls and garnish with chopped cilantro, freshly squeezed lemon and chili flakes.

Step 1: Making the Soup

- 1 medium red onion
- 3 cloves garlic
- 2 small, green chilies
- 12 fresh curry leaves (or to taste)
- 1 1/2 tsp ground cumin
- 2 - 28 oz cans whole tomatoes
- 1 cup red lentils
- 2 cups stock
- 1 tbsp coconut oil*
- 1 tsp sea salt
- freshly ground black pepper (to taste)
- fresh cilantro (to taste)
- 1 lemon
- chili flakes (optional)