

Though cooking amidst the microwave generation is ego-enhancing, it is also terribly lonely. So please, if you have contracted the illness of culinary apathy try this cure: an easy, one-pot, no-expiration-date-on-the-ingredients lentil soup. All it takes is a single trip to the grocery store and you'll be cooking like a pro and dining in 30 minutes flat.

CULT OF LENTILS SOUP

Serves 6

Adapted from epicurious.com

2 onions, chopped (about 2 cups)

2 tablespoons olive oil

1½ teaspoons salt

1½ teaspoons chili powder

1½ teaspoons ground coriander

1 teaspoon turmeric

1 teaspoon black pepper

¾ teaspoon cumin

¾ teaspoon cinnamon

¼ teaspoon cayenne

¼ teaspoon cardamom

1/8 teaspoon cloves

8 cups chicken or vegetable stock (canned broth will suffice)

1 clove garlic, chopped

1 pound tiny orange lentils

■ In a heavy-bottomed stock pot, heat the olive oil and saute the onions until golden, about 5 minutes.

Add the spices to the onions and saute for one minute. Add the stock and bring to a boil.

Add the garlic and lentils and simmer on medium heat for 25 minutes.

Yes, the spices are a lot of moolah,

but they'll last forever and make you cool-ah.

Think of the grocery bill as a medical cure

that will give you solace and make you pure.

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