

Red Lentil Soup

We buy the tomato paste in the tubes, which allows us to use small amounts and then reseal the tube for later use. Look for roasted cumin next to the standard ground cumin.

- 2 tablespoons olive oil
- 1 ½ cups diced carrots
- 1 cup diced onion
- 2 tablespoons tomato paste
- ¾ teaspoon roasted ground cumin
- ¾ cup red lentils
- 3 tablespoons uncooked brown rice
- 6 cups water
- 1 ½ teaspoons vegetable bouillon
- ½ teaspoon coarse salt
- ¼ teaspoon freshly ground black pepper

1. Heat oil in a large pot over medium heat. Add carrots and onion; cook, stirring occasionally, until onion is softened, about 7 minutes. Add tomato paste and cumin; stir to combine. Add lentils, rice, water, bouillon, salt and pepper; stir to combine. Bring to a boil. Reduce heat and simmer 25 minutes or until rice and lentils are tender. Makes about 6 cups. Serves 6.

Per serving: 246 calories, 7g fat, 0mg chol., 10g prot., 36g carbs., 8g fiber, 107mg sodium.