

Foodnity Recipes

Moroccan Lentil Soup Recipe for a Cozy Meal

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Moroccan** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups brown or green lentils, rinsed
- [ ] 1 large onion, finely diced
- [ ] 3 carrots, diced
- [ ] 2 stalks celery, sliced
- [ ] 6 cups vegetable broth
- [ ] 3 tbsp olive oil

Spices and Aromatics

- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp ground cumin
- [ ] 1 tsp ground ginger
- [ ] 1 tsp turmeric
- [ ] 1/2 tsp cinnamon
- [ ] Salt and black pepper to taste

Finishing Touches

- [ ] Juice of 1 large lemon
- [ ] 1/4 cup fresh parsley, chopped
- [ ] A pinch of red pepper flakes

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Sauté them slowly until the onions are soft and translucent, which takes about 5 to 7 minutes.
2. Stir in the minced garlic, cumin, ginger, turmeric, and cinnamon. Let them toast in the oil for about a minute. You'll smell that lovely aroma filling the room—just be careful not to burn the garlic.
3. Add the rinsed lentils and stir them to coat in the spiced oil. Pour in the vegetable broth and stir everything together one last time.
4. Bring the soup to a boil, then immediately turn the heat down to low. Cover the pot with a lid and let it simmer gently for about 30 to 40 minutes, or until the lentils are tender but not mushy.
5. Remove the pot from the heat. Stir in the fresh lemon juice and the chopped parsley. Taste it—now is the time to add your salt and pepper.

Nutrition per serving

280 kcal	18 g	38 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you have a can of diced tomatoes, adding one can give the soup a bit more tang and thickness.
- For a creamier feel, take a potato masher and mash a small portion of the lentils directly in the pot.
- Serve this with a piece of crusty bread or some toasted pita for the full experience.