My Pure Plants

RED LENTIL SOUP
(Nándor Barta) (8 servings) (adapted)

Ingredients:

- 1 Onion medium
- 3-4 cloves Garlic
- 2 Potatoes
- 2-3 Carrot medium
- 1-2 Parsnip medium
- 1 cup Red lentils dry
- 5 cups Veggie broth
- 1.5 tsp Tomato paste
- 1 tsp Sweet smoked paprika powder
- 1 tsp Parsley
- 1 tsp Ground cumin seeds
- ½ tsp Salt or to taste
- ½ tsp Pepper or to taste

Preparing the ingredients:

- Soak red lentils for 10 minutes in boiling water. In that 10 minutes, you can prepare the other veggies.
- Peel and chop the onion and garlic. Wash and chop potatoes. Wash, peel and slice carrots and parsnip.

Instructions

Making the soup

- Heat your a stockpot or a Dutch oven to medium heat and add olive oil. Cook the chopped onion for 1-2 minutes.
- Add the sliced carrots and parsnip. Stir and cook for 5-6 minutes.
- Add the crushed garlic and the seasoning (salt, pepper, parsley, and cumin) and cook for another 2-3 minutes.
- Add the sweet paprika powder and the tomato paste, and stir until combined.
- Pour the vegetable broth and cook the soup for approx. 5 minutes.
- Add the diced potatoes and cook for another 5 minutes.
- Finally, add the soaked red lentils and cook for another 5 minutes.

Tips:

- This soup gets more and more delicious with every passing minute.
- No need to thicken the soup: You don't need any flour or starch to thicken the soup as the red lentils will help you thicken it.
- Is it too thick? Add 1-2 cups of water and reheat.
- Chop vegetables evenly to get good results.
- Chop vegetables smaller to reduce cooking time.
- Do I really need to soak the lentils? No, but if not the soup will take longer to cook.
- How spicy should it be? Depending on how hot and spicy you prefer your soup, you can add chili powder or sriracha or freshly chopped raw chili peppers along with the sweet smoked paprika powder.





Nándor Barta and Emese Maczkó, a husband and wife team, are the founders and recipe creators of **My Pure Plants.** Some of the recipes use oil but you can easily adapt them to be whole-food plant-based.