
Ethiopian-Inspired Red Lentil Soup

A really healthy yet really satisfying and delicious soup. The key is the aromatic spice blend, which can be purchased – look for Ethiopian or Berbere Spice.

Ingredients

1 large onion, chopped
1 pound potatoes, cut into 1/2-inch chunks
1.25 cup red lentils (picked over and rinsed)
3 cups water
2 garlic cloves, chopped
2-3 tablespoons berberé spice mixture, below
1 28-ounce can crushed tomatoes
1 pound green beans, fresh or frozen, cut into bite-sized pieces
1-2 cups water
salt to taste
3-4 cups fresh spinach

Berberé Spice Mixture (mix all together and store extra in jar):

1 tsp. ground cardamom	1 tsp. cinnamon
1 tsp. ground coriander	1 tsp. paprika
1 tsp. fenugreek	1 tsp. turmeric
1 tsp. ground nutmeg	1/2 tsp. cayenne (<i>less/more to taste</i>)
1 tsp. ground cloves	1 tsp. ground black pepper
1 tsp. ground allspice	1 tsp. ground sea salt (optional)

Instructions

Sauté the onion in a large non-stick pan with a small amount of vegetable oil until it starts to brown. Add the potatoes, lentils, 3 cups water, garlic, and spice mixture. Simmer covered over low heat until lentils are tender, about 20 minutes. Add the tomatoes, green beans, and enough additional water to create a thick soup. Check the seasoning, adding salt and more of the spice mixture if needed, and cook for about 15 more minutes. Just before serving, stir in the spinach. Serve immediately. Makes 6-8 servings.

Nutrition Facts

Nutrition (per serving): 283 calories, 15 calories from fat, 1.8g total fat, 0mg cholesterol, 207.6mg sodium, 1295.6mg potassium, 56.1g carbohydrates, 12.7g fiber, 2.8g sugar, 16.3g protein, 8.4 points.

Recipe by Chef Harrison Schailey
The Mt Nittany Overlook by Harrison's
Restaurant/Catering/Events
814-364-9363
MtNittanyOverlook.com