

# Lentil Soup

8 oz. dried brown lentils  
1/2 of a small yellow or white onion — finely chopped  
4 garlic cloves — minced  
1 jalapeño — seeded, membrane removed, finely chopped (optional)  
1 teaspoon ground cumin  
1/2 bell pepper — chopped  
2 small carrots — peeled and sliced  
1 medium potato — peeled and diced  
1 cup chopped tomatoes  
3 thyme sprigs  
1/2 teaspoon dried oregano  
Chopped parsley for garnish  
Salt & Pepper  
Oil

Wash the lentils in a colander, under running water and remove all of the dirt. Place them in a pot and add about 3 inches (7.5 cms) of water. Add some salt and simmer for about 20 minutes.

Pour some oil in a skillet and heat. Add the onions and cook for 7 to 8 minutes, stirring frequently, until the onion is translucent. Add the garlic and jalapeño and mix. Cook stirring frequently for about a minute until you can smell the garlic.

Make a well in the middle and add a little more oil. Add the cumin and cook it, mixing it with the onion and garlic for about a minute. Stir constantly.

Add the remaining veggies and mix in well. Cook the vegetables for about 5 to 6 minutes.

Skim the foam from the top of the lentils and discard it. Add the sautéed vegetables and mix. Wash down the skillet with about 1 extra cup of water and add to the pot.

Add the thyme and oregano — rub the oregano leaves between your palms when adding to the soup. Generously add black pepper. Taste for salt and adjust.

Simmer for another 15 to 20 minutes, until the potatoes and carrots are cooked through and the lentils are soft but not destroyed. Do not overcook.

Serve with some parsley on top and enjoy.

