

## Red Lentil Soup 赤レンズ豆のスープ

Serves: 4 | Pot: 22–24 cm soup pot or Dutch oven | Total time: ~45 minutes  
Use IH for finer heat control

### Ingredients

#### Main:

- 180 g red lentils (赤レンズ豆)
- 120 g onion, diced (玉ねぎ)
- 80 g carrot, diced (にんじん)
- 40 g celery, diced (セロリ)

#### Aromatics:

- 2 tsp / 10 g garlic, minced (にんにく)
- 1 T / 15 g tomato paste (トマトペースト)

#### Seasoning:

- 1 tsp cumin
- ¼ tsp chili powder or cayenne
- ½ tsp salt + pinch MSG (塩+MSG)
- Black pepper

#### Liquid:

- 1 L ½-strength chicken stock

#### Finish:

- 1–2 T lemon juice (レモン汁)
- 15 g cilantro or parsley (パクチー / パセリ)

#### Optional Additions:

- 30 g spinach (ほうれん草)
- 15 g walnuts, chopped (くるみ)
- Greek yogurt swirl (ギリシャヨーグルト)



### Instructions

1. Rinse **lentils** thoroughly and drain well.
2. Heat **2 T olive oil** over **medium heat**.
3. Add **onion, carrot, and celery**.
  - Cook **7–8 minutes** until softened and lightly golden.
4. Add **garlic**.
  - Cook **30 seconds**.
5. Add **tomato paste, cumin, chili powder, and black pepper**.
  - Cook **1–2 minutes** until tomato paste darkens slightly.
6. Add **stock and lentils**.
  - Bring to **simmer**.
7. Partially cover and simmer over **medium-low heat** for **25–30 minutes**.
  - Lentils and carrots should become fully soft.
8. Use immersion blender to blend about ⅓ to ½ of soup.
  - Leave some texture for best consistency.
9. Add **spinach** if using.

- Cook **1–2 minutes** until wilted.
10. Stir in **lemon juice** and **cilantro** or **parsley**.
  11. Taste and adjust seasoning if necessary.
  12. Serve with optional **yogurt** swirl, chopped **walnuts**, **olive oil** drizzle, and **chili flakes**.

### Notes

- Partial blending creates a much better texture than fully puréeing.
- Lemon juice should always be added at the end.
- Red lentils cook quickly and naturally thicken the soup.
- This soup freezes very well.
- Greek yogurt adds creaminess without heavy cream.

### Nutrition

**Per serving:** Kcal: 290 | Protein: 13 g | Fat: 10 g | Sat Fat: 1 g | Carbs: 35 g | Sugars: 5 g | Fiber: 12 g | Sodium: 540 mg | Omega-3: 0.5 g

**Total dish:** Kcal: 1160 | Protein: 52 g | Fat: 40 g | Sat Fat: 4 g | Carbs: 140 g | Sugars: 20 g | Fiber: 48 g | Sodium: 2160 mg | Omega-3: 2.0 g