



Armenian Lentil Soup

Lentils are a nice source of protein and tend to be easier to digest than other legumes. Apricots add a nice flavor.

Serves 6

2 tsp. olive oil for pan
1 med. onion, chopped
1/3 C. dried apricots, chopped
1/2 tsp. thyme
1/2 tsp. ground cumin
1 1/2 C. red lentils, picked clean and rinsed
6 C. low sodium chicken or vegetable broth
2 Tbsp. tomato paste
2 Tbsp. lemon juice
fresh cilantro, chopped

- In a large pot, sauté onions and apricots in olive oil over low heat - 15 min. Add thyme and cumin and sauté few minutes more. Add lentils and sauté. Add liquid and simmer 15 min. Add tomato paste and simmer 30 min. more.
- Before serving, add lemon juice and cilantro.

Nutritional information:

Total Calories: 215	Total Fat: 2g
Saturated fat: 0g	Total Carbohydrates: 35g
Dietary Fiber: 8g	Protein: 15g