

Moroccan Red Lentil Soup

Adapted from Art of the Slow Cooker by Andrew Schloss

Ingredients

1. 2 Tbsp. extra-virgin olive oil
2. 1 large onion, cut into medium dice
3. 2 cloves garlic, minced
4. 2 tsp. ground coriander
5. 1 tsp. ground cumin
6. 1 tsp. ground turmeric
7. ½ tsp. sweet paprika
8. ¼ tsp. ground cinnamon
9. 1½ tsp. kosher salt
10. ½ tsp. ground black pepper
11. 7 cups vegetable broth
12. 1 can (14.5 or 28 ounces) crushed tomatoes
13. 2 cups dried red or brown lentils, picked over, washed, and rinsed
14. Pinch of red-pepper flakes
15. Juice of 1 lemon

Steps

1. Heat the olive oil in a large over medium-high heat. Add the onions and cook until tender, about 3 minutes. Add the garlic, coriander, cumin, turmeric, paprika, cinnamon, salt, and pepper, and cook for another minute. Add the broth and tomatoes and heat to boiling.
2. Pour the mixture into a 5- to 6-quart slow cooker. Stir in the lentils, cover the cooker, and cook for 4 to 5 hours on high, or 8 to 10 hours on low, until the lentils are tender. Alternatively, you can continue to cook the soup in the pot and it will be done in about an hour.
3. Stir in the pepper flakes and lemon juice. Cover, and cook on high for 10 minutes. Serve hot.