



MEDITERRANEAN SPICY SPINACH AND LENTIL SOUP

INGREDIENTS

- extra virgin olive oil, I used Hojiblanca Spanish EVOO
- 1 large yellow onion, finely chopped
- 1 large garlic clove, chopped
- kosher salt and black pepper
- 1 ½ teaspoon ground coriander
- 1 ½ teaspoon ground cumin
- 1 ½ teaspoon sumac
- 1 ½ teaspoon crushed red peppers
- 2 teaspoon dried mint flakes
- Pinch of sugar
- 1 tablespoon flour
- 6 cups low-sodium vegetable broth
- 3 cups water, more if needed
- 12 ounces frozen cut leaf spinach, no need to thaw
- 1 ½ cups green lentils or small brown lentils, rinsed
- 1 lime, juice of
- 2 cups chopped flat-leaf parsley

INSTRUCTIONS

In a large ceramic or cast iron pot, heat 2 tablespoons of olive oil. Add the chopped onions and saute until golden brown. Add the garlic, all the spices, dried mint, sugar, and flour. Cook for about 2 minutes on medium heat stirring regularly.

Now add the broth and water. Raise the heat to high and bring the liquid to a rolling boil; add the frozen spinach and the lentils. Cook for 5 minutes on high heat then reduce the heat to medium-low. Cover and cook for 20 minutes or until the lentils are fully cooked to tender. (Partway through cooking, check the liquid levels, and if you need to add a little bit of hot water.)

Once the lentils are fully cooked, stir in the lime juice and chopped parsley. Remove from the heat and let sit covered for 5 minutes or so. Serve hot with pita bread or your favorite rustic Italian bread.

Recipe from: The Mediterranean Dish
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