



NUTRITION *per serving* 159g carbohydrates 22g fat 50g protein 472mg sodium | vegetarian, dairy-free, soy-free, nut-free



Calories
995



Prep & Cook Time
30-40 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 Yellow Onion
- 1 Lemon
- 2 Garlic Cloves
- 3 Cilantro Sprigs
- 3 Tbsp. Tomato Paste
- 2 Cup Red Lentils
- 2 tsp. Vegetable Base
- 2 tsp. Berbere Seasoning
- 2 Whole Wheat Pitas

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Medium Pot
- Small Bowl

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HOME CHEF

Red Lentil Soup

with berbere oil, lemon, cilantro, and whole wheat pita

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

WHILE YOU COOK

- **Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Berbere oil is used twice. It's brushed on the **pita bread**, as well as drizzled on top of **soup**.
- **Berbere seasoning** is a chile-spice blend essential to Ethiopian cuisine. If you prefer less spice, use half the seasoning when making **oil** and use finished **oil** to taste.

FROM THE CHEF

Be sure to dice onions small, slightly bigger than lentils, and cook them until they are tender. This will help the texture of finished soup and prevent onion flavor from dominating soup.

Did you know...

If you own an immersion blender, you can use that to puree and thicken soup instead of a whisk. Place it into soup and pulse a few times. We recommend keeping a slightly chunky consistency for best results.



Prepare the Ingredients

Peel and halve **onion**. Cut halves into ¼" dice. Zest **lemon** and quarter lengthwise. Mince **garlic**. Stem **cilantro** and coarsely chop leaves.



Start the Soup

Place a medium pot over medium-high heat. Add 1 Tbsp. **olive oil** and **onions** to hot pot. Cook, while stirring, 3-5 minutes, or until tender and translucent. Stir in **tomato paste** and **garlic** and cook 1 minute, or until fragrant.



Continue Cooking the Soup

Stir in **lentils**, **vegetable base**, 1 tsp. **salt**, and 5 cups **water**. Increase heat to high and bring to a boil. Reduce heat to medium and cook 10-12 minutes, or until lentils are tender. *Lentils will start to break down when fully tender.* Use a whisk to vigorously stir soup and break up lentils in order to thicken soup. Adjust seasoning to taste with **salt and pepper**, turn heat to low, and cook 5 minutes.



Make the Berbere Oil

Combine **lemon zest**, **berbere seasoning** (start with half, taste, and add more if desired), and 2 Tbsp. **olive oil** in a small bowl.



Toast the Pitas

Place **pita bread** on prepared baking sheet and brush with ¼ of **berbere oil** (to taste). Season with ¼ tsp. **salt** and a pinch of **pepper**. Bake 6-8 minutes, or until warmed through and slightly crispy. Remove from oven, halve pitas, then cut each half into quarters.



Plate the Dish

Serve **red lentil soup** in a bowl and garnish with remaining **berbere oil** (to taste) and chopped **cilantro**. Serve **pitas** on the side and squeeze **lemon quarters** over soup just before serving.