



## Spiced Lentil Soup

Adapted from [Parents Need to Eat Too](#)

BAH Note: You could use as much as 1 1/2 cups of lentils which would give you a thicker, stoupy soup.

- 1 onion, chopped
- 2 carrots, chopped
- 1 sweet potato, peeled and cubed
- 1 tablespoon garam masala
- 1 tablespoon cumin
- 1 1/2 teaspoon ground ginger
- 6 cups chicken broth
- 1 cup french green lentils
- 1/2 teaspoon kosher salt
- black pepper

Heat the oil in a dutch oven set over medium heat. Add the onion, carrots, and sweet potatoes and cook for 5 to 10 minutes until the vegetables being to soften a bit.

Add the garam masala, cumin, ginger, and salt and cook for approximately 1 minute until you begin to smell the spices. Add the broth and lentils and bring to boil. Reduce the heat and simmer 30 to 40 minutes until the lentils are tender. Season to taste with additional salt, pepper, and spices.

---

*spiced lentil soup* was posted by wendi on 20 july 2015 at bonappetitthon.com