

MOURAD'S CURRIED LENTIL SOUP



DIRECTIONS

1. Heat olive oil in a soup pot and sauté onions, garlic and carrots for about 3-5 minutes.
2. Add lentils, vegetable broth, spices, and the serrano pepper to the pot. Bring to a boil, reduce heat, cover and simmer for about 45 minutes.
3. Add in the cauliflower and let it cook for about 5 minutes.
4. Add in the zucchini and cook for about 2 minutes.
5. Turn the heat off and add the garbanzo beans, tomatoes, cilantro, green onions, and salt and pepper to taste!

Enjoy!

SHOPPING LIST

- 1 yellow onion, chopped
- 2 carrots, peeled and chopped
- 4 cloves of garlic, minced
- 2 cups cauliflower, chopped
- 2 zucchinis, chopped
- 4 tomatoes, chopped
- 1 bunch cilantro, finely chopped
- 1 bunch green onions, finely chopped
- 2 15 oz. can garbanzo beans, drained and rinsed
- 1 lb. dried green lentils
- 1 serrano pepper, sliced down the middle
- 2 tbsp. curry powder
- ½ tsp. coriander
- 2 quarts vegetable broth
- 1 tbsp. olive oil
- Salt and pepper to taste