



Red Lentil Soup with Dried Apricots, Cumin Seed and thyme

Ingredients:

!For Soup:

- 2 to 3 tablespoons extra virgin olive oil
- 1 1/3 cups finely chopped yellow onion (about 1 large)
- 2 teaspoons finely chopped garlic (about 1 large clove)
- 1 to 1 1/2 teaspoons ground cumin
- 1 to 2 teaspoons finely chopped fresh thyme leaves
- 1 1/2 cups dried red lentils
- 4 cups vegetable or chicken broth
- 2 cups cold water
- 2 teaspoons sugar, if desired
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 3/4 cups coarsely chopped dried Turkish apricots
- 3 cups coarsely chopped plum or vine ripe tomatoes (about 6 large plum tomatoes)
- 1 tablespoon freshly squeezed lemon juice

!For Serving:

- Coarsely chopped mint or parsley leaves
- 1/4 cup finely chopped dried apricots
- Lemon wedges

Directions:

Heat olive oil in a medium size soup pot for 1 minute over high heat. Add

chopped onion and cook until golden, about 7 to 10 minutes. Lower to a medium heat.

Add the chopped garlic and mix. Cook an additional minute.

Mix in the cumin, thyme, and red lentils, and mix well.

Add the broth and water and mix well. Bring to a boil, covered, over medium-high heat. Lower to a medium heat, and cook about 20 minutes until lentils are slightly al denté.

Add the sugar (if desired), salt, pepper, apricots, and tomato pieces.

Continue to cook an additional

15 to 20 minutes, covered, or until lentils are soft.

Add the lemon juice and mix well. Adjust the salt and pepper to taste.

Serve hot garnished with chopped mint or parsley, chopped dried apricots, and a small piece of lemon.