

Red Lentil Soup with Ginger



Serves 2

Ingredients:

- ½ bunch green onions
- ½ cup (100g) dry red lentils
- 2 tablespoons vegetable oil
- 3 cups (700ml) vegetable broth
- 1 medium carrot
- 1 cup (150g) cherry tomatoes
- 1 clove of garlic
- 1 teaspoon minced ginger
- ¼ cup (65g) marinara sauce
- Salt and pepper

Directions:

1. Wash your hands with warm soapy water.
2. In a colander, wash the green onions, carrot, and cherry tomatoes separately under cold running water. Dry them with a clean towel.
3. To prepare the green onions, first remove any outside layers that are dirty or damaged. Gather all the stems and use a knife to cut away the bottom ½ inch (1.5cm) of the stems. Discard the roots. Slice the rest of the green onions into ¼ inch (0.5cm) pieces.
4. Peel the carrot and slice it into thin halfmoons.
5. Place the red lentils in a colander and remove any that are brown or black. Then rinse the lentils under cold running water.
6. Add the oil and green onions to a medium pot. Cook on medium heat about 1 minute until the green onions begin to soften.
7. Add the lentils and carrots. Cook for 2 minutes.
8. Add the vegetable broth. Cover with a lid and raise the heat to high. Bring the soup to a boil, then reduce the heat to low. Simmer the soup on low for 20 minutes until the lentils are soft.
9. In the meantime, cut the cherry tomatoes in half. Then remove the peel from the garlic clove and mince the garlic by cutting it into small pieces.
10. Use a teaspoon to scrape the skin off a small piece of ginger root. Then mince the ginger by cutting it into small pieces. Use about 1 teaspoon of minced ginger.
11. When the lentils are soft, add the cherry tomatoes, minced garlic and ginger, and marinara sauce. Stir to combine the ingredients.
12. Increase the heat to medium and cook for 2 more minutes to heat the tomatoes.
13. Taste the soup and season with salt and pepper, if you like.
14. Ladle the soup into 2 bowls and enjoy!
15. Store in an airtight container in the refrigerator for up to 3 days. Reheat leftovers before eating.