

Moroccan Lentil Soup (Crock Pot)

Adapted from The Art of the Slow Cooker by Andrew Schloss Excellent crock pot soup

Prep time: 20 min
Cook time: 4-8 hours
Yield: 1 gal

Serving size: 6
Calories per serving: 91

Ingredients:

2 tablespoons olive oil or water
2 onions chopped
3 cloves garlic minced
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon turmeric
3/4 teaspoon paprika
1/4 teaspoon cinnamon
1/4 teaspoon allspice optional
2 teaspoons salt to begin with, then to taste
1/2 teaspoon freshly ground black pepper
6-7 cups vegetable broth
1 (32-ounce) jar thick tomato sauce
2 cups dried red lentils
1 pinch crushed red pepper flakes (Optional)
2 tablespoons lemon juice
1/2 tablespoon red wine vinegar
3 tablespoons chopped parsley
1 tablespoon chopped cilantro

Directions:

Heat oil in a large saucepan or dutch oven over medium-high heat. Add the onions and cook until tender, about 6 minutes.

Add the garlic, coriander, cumin, turmeric, paprika, cinnamon, and allspice. Cook for another minute or two, stirring to coat the onions.

In a crock pot, add the broth, tomatoes, lentils, onion and garlic mixture and salt. Cook for 4 to 5 hours on high, or 6-8 hours on low, or until the lentils are tender.

Stir in the lemon juice, a small splash of red wine vinegar, red pepper flakes, cilantro, and parsley. Season to taste again with kosher salt. Cover and cook for an additional 10 minutes.

