



Red Lentil Masala Soup

Recipe Courtesy Chef Bryan Woolley

2 tbsp oil
½ large onion, diced
1 cup celery, diced
2 cups dried red lentils
1 large red bell pepper, roasted and peeled
1 ½ tbsp salt
2 ¼ tsp garam masala spice
8 cups vegetable stock

1. Saute onions and celery in oil until clear.
2. Add stock. Rinse red lentils and add lentils to pot.
3. Simmer until lentils are very soft.
4. Add salt and garam masala.
5. Puree in batches until smooth.
6. Dice roasted red bell pepper and puree into final batch. Do not over process peppers. You should still see small pieces of red bell pepper.
7. Add additional salt if needed.

Nutrition Facts

12 Servings

Calories:	62
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	893mg
Carbohydrates:	7g
Dietary Fiber:	3g
Protein:	3g