

# Lentil Soup

Recipe By *Nitra Ladies Auxiliary*



Cooking and Prep:  1 h

Serves:  9

No Allergens

**Preference:** Parve

A quick, hearty, and easy to prepare lentil soup.

**Difficulty:** Easy

**Occasion:** Yom Kippur

**Diet:** Vegetarian, Vegan,  
Pescetarian, Gluten Free,  
Sugar Free

**Source:** The Heimishe  
Kitchen (Nitra Cookbook)

## Ingredients (5)

### Soup

- 1 cup **Gefen Red Lentils**
- 2 onions, diced
- 1 and 1/2 teaspoons salt
- 8 cups water
- 1/4 cup millet (*optional*)

## Start Cooking

### Prepare the Lentil Soup

1. Rinse lentils and soak in hot water for 10 minutes.
2. In four-quart pot, sauté onions in oil until limp.
3. Add lentils and remaining ingredients.
4. Cook for 45 minutes. For smoother texture, blend or process briefly.

#### Note:

The step of sautéing onions can be omitted. If omitting, add onion to soup when water boils. If millet is not being used, serve with [Nokerlach](#).

#### Variation:

The following can be added for lentil vegetable soup:

- 1/3 cup barley
- 2 carrots, diced
- 2 stalks celery, diced
- 1 zucchini, shredded (unpeeled)
- 2 cloves garlic, minced

Increase water by two cups. Cook in a six-quart pot.

#### Credits

Photography and Styling: Peri Photography