

Shorbet Adas (Lebanese-Style Lentil Soup)

Ingredients

- 2 cans lentils (or 2 cups soaked overnight)
- 1/2 cup uncooked white rice
- 1 large onion
- 2 carrots
- 2L / 8 cups vegetable stock
- 1/4 cup lemon juice
- 2 tsp minced garlic
- 1.5tsp cumin
- 1 tsp turmeric
- 1 tsp ginger

Lentils

1. Sauté chopped onion, diced carrots, garlic and spices in a soup saucepan.
2. Add drained lentils, rice and vegetable stock, and stir well.
3. Bring to the boil and then simmer for 30 or more minutes.
4. Add lemon juice and blend.
5. Serve topped with pita chips.

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