

Brown Lentil Soup with Broccoli, Fenugreek, & Black Pepper



10 MIN
PREP TIME



40 MIN
COOK TIME



2
SERVINGS

Ingredients

- ½ cup lentils (*wash & soak for 10 minutes*)
- 2 cups vegetable/chicken stock
- 1 tsp oil
- ½ tsp mustard seeds
- ½ medium red onion, chopped
- 3 cloves of garlic, chopped
- 1 hot green chili pepper (*e.g. serrano*), chopped
- ½ tsp coriander powder OR seeds
- ½ tsp black peppercorns OR use ½ tsp freshly ground black pepper
- ⅓ tsp fenugreek seeds OR powder
- ¼ or more tsp cayenne
- ¼ tsp cinnamon
- ½ to 1 tsp turmeric
- ½ green bell pepper, chopped small
- 1 large tomato, chopped
- ½ tsp or more salt
- ¾ cup small florets of broccoli
- Cilantro and lemon, for garnish



Instructions

1. **Cook the lentils:** Drain the lentils that have been soaking, and add to an Instant Pot or Saucepan with broth.
2. Partially cover and cook over medium heat for 20 minutes. Reduce heat to medium-low and simmer for 10 minutes, or until tender.
3. Meanwhile, heat oil in a skillet over medium heat. When hot, add mustard seeds and wait for them to start sputtering (*a few seconds if the oil is hot enough*).
4. Add onion, garlic, & chili, and cook until translucent (*about 5 minutes, stirring occasionally*).
5. Meanwhile, grind all the spices together in a small blender, spice grinder, or mortar and pestle. Add to the skillet. Mix and cook for a minute.
6. Add tomatoes and bell pepper and a splash of water and cook until tomatoes are tender (*4 to 5 minutes*).
7. Add this to the simmering lentils. Use a bit of water to swirl around on the skillet to pick up any leftover spices and add to the simmering lentils (*Alternatively, if you have cooked lentils, add the lentils to the skillet. Add water if needed to adjust consistency*).
8. Add salt and broccoli and bring to a boil over medium heat. Continue to cook for 2-3 mins. Taste and adjust salt and heat. Add more water if needed or simmer longer for desired consistency. Cover and let sit for another 2 mins before serving. Serve as soup or over rice/quinoa.
9. Garnish with cilantro and lemon and cayenne/pepper flakes.

Enjoy!