

Valentine's *Signature* Recipe

Ingredients

1 tbsp.	Olive oil
1 medium	Onion, finely chopped
2 medium	Garlic cloves, crushed
1 piece	Ginger, 1 -inch piece, peeled and minced
1 tsp.	Cumin seed, crushed
1 lb.	Tomatoes, chopped, or 14 oz. can tomatoes, chopped
½ cup	Lentils
5 cups	Vegetable stock
1 tsp.	Tomato puree
½ tsp.	Kosher salt
¼ tsp.	Ground black pepper
	Fresh parsley, chopped, <i>to garnish</i>

Spicy Lentil & Tomato Valentine Soup

Directions

1. Heat oil in a large saucepan, add onions and cook for 5 minutes until transparent.
2. Stir in garlic, ginger, and cumin. Add tomatoes and lentils. Stir in stock and tomato puree.
3. Bring to boil, then lower heat and simmer for about 15 minutes, until lentils are soft. Add salt and pepper.
4. Puree the soup in a blender or food processor.
5. Return the soup to the saucepan, and reheat gently.
6. Serve with fresh chopped parsley.