

RED LENTIL SOUP

Serving 4

INGREDIENTS:

250 g red lentils

2 small onions

1 tomato

few coriander leaves

1 tablespoon oil

4-5 pods garlic

½ teaspoon turmeric

salt to taste

1 teaspoon whole cumin seeds

PREPARATIONS:

1. *Wash the lentils and boil in a deep pan with warm water.*
2. *When it is boiled, in a deep frying pan add oil. When oil is hot add the cumin seeds and then the garlic and onions. Add little salt. Fry them to brown.*
3. *Add the sliced tomato and when the tomato gets cooked add the turmeric. Saute for 2 minutes and add the boiled lentils.*
4. *Allow it to boil for few minutes and add the chopped coriander leaves.*
5. *Serve hot.*