

## RED LENTIL SOUP

- 3 Tablespoon extra virgin olive oil
- 2 **onions**, finely chopped
- 1 cup red **lentils**, washed and picked over
- 2 Tablespoon flour
- 1 Tablespoon coriander
- 1 Tablespoon cumin
- 2 Tablespoon oregano
- 3/4 Tablespoon black pepper
- 1/2 Tablespoon salt
- 1/2 Teaspoon turmeric
- 6 cups **vegetable** or **beef** stock
- 1/8 teaspoon **cayenne pepper or red pepper flakes**
- 1 Tablespoon dried **dill**, crumbled

Heat the oil in a large saucepan and saute the onions over low heat until they are golden--about 15 minutes. Stir in the flour, then add lentils. Add stock, and spices. Bring to a boil, and cook until soft and creamy--about an hour.



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