

Puerto Rican-Style Lentil Soup

45 minutes



Ingredients

1 onion, diced
1 sweet red pepper, diced
1 cup green lentils
4-6 cups of broth or water
2 tbsp tomato paste
4 cloves garlic
Sprig fresh oregano

Small handful fresh cilantro
3 tbsp olive oil or similar
Salt and pepper



Instructions

1. Dice onions and red pepper and finely chop garlic.
2. Heat oil in medium sauce pan over medium heat. Add onions, peppers and garlic and cook, stirring once or twice, for 5 minutes or until softened. Add lentils, half the broth, and tomato paste. Bring to a boil then reduce to simmer for 25 minutes or until lentil have softened.
3. Add the remainder of the broth. Add oregano. Season with salt and pepper and simmer for an additional 10 minutes.
4. Add chopped cilantro and serve.