



ELIAS BITAR'S LEBANESE LENTIL SOUP

SERVING SIZE: 4 | COOKING TIME: 1 HOUR | CONTAINS WHEAT

INGREDIENTS.....

12 cups water
 2 cup lentils
 1 cup onions
 ¼ cup fine bulgur wheat
 ½ teaspoon (tsp) of following 7 spices:
 Allspice, black pepper, cinnamon,
 ginger, cloves, nutmeg, mahlab
 2 teaspoons (tsp) dry, crushed mint
 2 Tablespoons (Tbsp) salt (or salt to taste)
 ¼ cup lemon juice
 ¼ cup olive oil
 2 heaping Tablespoons (Tbsp) of garlic,
 minced or cut into tiny pieces

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- Large pot
- Cooking utensils
(spatula, wooden spoon, or similar)

DIRECTIONS.....

1. Heat olive oil in large pot over high heat. When oil is hot, carefully add onions. Stir onions until they begin to turn brown and caramelize – about 10 minutes.
2. Add the 7 Spices and cook for another minute.
3. Add the lentils, bulgur, garlic and mint to the pot with onions.
4. Add 12 cups of water and stir ingredients well.
5. Bring water to a boil then reduce heat to medium.
6. Simmer (uncovered) until lentils are tender – about 20 minutes.
7. If soup gets too thick, add a little more water.
8. Salt to taste.
9. Once soup is ready, remove from heat and stir in lemon juice.
10. Serve in bowls.

