



Mexican Lentil Soup

2-3 Tablespoons olive oil
1 medium yellow onion (chopped)
2 medium carrots (peeled and diced)
½ - 1 jalapeno (seeds and membranes removed, and chopped) - optional
1 teaspoon dried coriander pods/seeds (crushed)
1 ½ to 2 teaspoons chili powder (New Mexican, Ancho or Guajillo)
½ to 1 teaspoon ground cumin
5 cloves of garlic (peeled and minced)
½ pound (or around 8-12 oz.) soy chorizo
2 ½ cups dried lentils (brown or green)
8 cups of stock (vegetable or chicken), plus more stock or water if needed
Salt & pepper, to taste

Toppings that will take your soup over the top!

Lime wedges
Avocado (sliced)
Crema Mexicana

Crumbled cotija cheese
Tortilla chips
½ cup cilantro leaves

Cut onion, carrots and jalapeno as directed above and set aside in a bowl.

Crush coriander seeds with a mortar and pestle (or a spice grinder) and place them in a small bowl; add chili powder, cumin, and minced garlic, and set aside.

Heat a large (4 quart) soup pot over medium heat. Add 2-3 Tablespoons oil, then the onion-carrot-jalapeno mixture. Saute until softened and onions are translucent.

Add the dried spices and garlic; saute for 1 minute, or until fragrant. Add the soy chorizo and saute for 2 minutes, until hot and spices start to darken in the pan.

Add the broth, bring it to a boil, then stir in the lentils. Reduce heat so soup is simmering, cover partially with a lid and cook for 15-30 minutes, depending on the type of lentil you are using (see package directions). As the soup cooks, stir it occasionally. When lentils are soft, it is done.

Taste, adjust seasonings with salt and pepper, and serve with toppings.

Serves 6.

Recipe by Chef Lisa Núñez-Hancock.

Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.