

# LENTIL SOUP WITH DRIED APRICOTS



## INGREDIENTS:

- 2 cups red lentils, rinsed
- 8 cups water (maybe more)
- 1 yellow onion, minced
- 2 teaspoons ground cumin
- 2 teaspoons dry mustard
- 2 Tablespoons garlic, minced
- 1 cup dried apricots, minced
- 1 ½ to 2 teaspoons salt (to taste)
- Juice of 1 lemon
- ¼ cup cilantro, finely chopped for a garnish
- Black pepper and cayenne to taste

## INSTRUCTIONS:

1. Place the lentils and water in a soup pot and bring to a boil. Cover, lower heat to a simmer, and cook for about 15 minutes. Add the onion, cumin, and mustard, and continue to simmer, covered, until the lentils are very soft (about 15 more minutes). Add small amounts of additional water, if it seems too thick.
2. Add the garlic, apricots, and salt, cover, and let sit for another 15 minutes or so. Stir in the lemon juice, black pepper, and cayenne to taste (correct the salt too, if necessary). At this point, the soup will keep for several days.
3. Heat gently just before serving, and serve hot, topped with cilantro.

Yield: 6-8 servings

Source: [molliekatzen.com](http://molliekatzen.com)

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*The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit [benefitscal.com](http://benefitscal.com).*

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