

[Curried Red Lentil and Spinach Soup](#) Epicurious | May 2009

by Nava Atlas

Vegetarian 5-Ingredient Gourmet

This warming soup freezes nicely. After eating it for a night or two, freeze some for a rainy day—it's a treat that is both spicy and soothing.

Yield: 6 servings

ingredients

1 tablespoon light olive oil
1 large onion, finely chopped
14 cups red lentils, rinsed
1 to 2 teaspoons good-quality curry powder
One 10-ounce package frozen chopped spinach, thawed
Salt to taste

preparation

1. Heat the oil in a soup pot. Add the onion and sauté over medium heat until golden.
2. Add the lentils and 6 cups water and bring to a simmer. Stir in 1 teaspoon curry powder, cover, and simmer very gently for 35 to 40 minutes.
3. When the lentils are mushy, stir in the spinach and check the consistency. If the soup is too thick, add about 4 cups water. Season with salt and additional curry powder, if desired.
4. Simmer for another 5 minutes. If time allows, let the soup stand off the heat for an hour or so to develop flavor. Heat through as needed before serving.

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