



Association pour la santé environnementale du Québec  
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## Recipe for the month of March

Indulge in a delectable bowl of Shorbat Adas, a lentil soup from the Middle East of Asia that's slightly spicy and incredibly nutritious. This recipe is another way to transform budget-friendly ingredients into a sensational and wholesome dish.





## LENTIL SOUP

Middle East of Asia

<https://theclevermeal.com/red-lentil-soup/>

### List of the ingredients:

- 1 cup red or orange lentils, rinsed and drained
- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 6 cups water or vegetable broth
- Salt and black pepper, to taste
- Juice of 1 lemon
- 2 tablespoons chopped fresh coriander (cilantro)

### Instructions:

1. In a large pot, heat the olive oil over medium heat.
2. Add the chopped onion and garlic
3. Sauté for 5-7 minutes, or until the vegetables soften.
4. Add the lentils, cumin, turmeric, salt, and black pepper. Stir to combine.
5. Pour in the water or vegetable broth. Bring to a boil, then reduce heat to low
6. Simmer for 30-40 minutes, or until the lentils are tender.



7. Once the lentils are tender, add the lemon juice and fresh coriander (cilantro) and stir well.

Ladle the soup into bowls and serve hot. Enjoy!

Total time: 45-55 minutes