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# Lebanese Crushed Lentil Soup



5 from 122 votes

Learn how to make this authentic healthy Lebanese Crushed Lentil Soup in 30 minutes! Made with simple pantry ingredients, it's vegan, hearty and so filling!

 <b>Course</b>	Soup
 <b>Cuisine</b>	Mediterranean
 <b>Prep Time</b>	10 minutes
 <b>Cook Time</b>	20 minutes
 <b>Total Time</b>	30 minutes
 <b>Servings</b>	6 servings
 <b>Calories</b>	165kcal
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## Equipment

- [Knife Block Set](#)
- [Non Slip Cutting Board](#)
- [Dutch Oven Pot](#)
- [Cuisinart Immersion Blender](#)

## Ingredients

- 1 tablespoon [olive oil](#)
- 1 onion chopped
- 1 ½ cups dry red lentils
- ½ cup short grain white rice
- 1 large carrot roughly chopped
- 1 ½ teaspoon ground cumin
- Salt and pepper to taste
- Juice of one lemon
- Chopped green onions for garnish
- Chopped parsley for garnish

## Instructions

1. In a large pot, heat the olive oil and saute the onions until they soften, about 5 minutes.
2. Stir in the lentils, rice, carrots, cumin, salt and pepper, and cook stirring frequently until they are well mixed and the spices are fragrant, about 2-3 minutes.
3. Add 8 cups of water, and bring mixture to a boil. Turn the heat to low and cook covered until the rice and lentils are fluffy and fully cooked, about 20-30 minutes. Make sure to stir a couple times while cooking to prevent any lentils from sticking to the bottom of the pot.
4. Using an immersion blender, pulse a few times to get the desired consistency. Stir in the lemon juice.
5. Garnish with green onions and parsley, if desired, and serve warm.

## Notes

**Storage:** Store any leftovers in an airtight container. The soup will last about 5 days in the fridge.

**Sourcing:** You can find red lentils at Middle Eastern markets, natural-foods stores or even in large supermarkets, often located with other Middle Eastern ingredients.

**Substitutes:** For best results, follow the recipe as is. However, here are a couple common substitutions you can consider:

- If you can't find red lentils, **you can use yellow lentils** in this recipe. You can also skip the carrots.
- **To add more flavor**, you can use vegetable broth instead of water. Although I love the simplicity of the soup with just water
- **You can skip the carrots** if you'd like since they're not essential to the traditional recipe.

**Equipment:** I love using my [Cuisinart Smart Stick](#) hand blender for blending soups. It's quick and easy and gets me the perfect consistency, without any chunks of vegetables leftover.

## Nutrition

Serving: 1g | Calories: 165kcal | Carbohydrates: 27g | Protein: 7g | Fat: 2g | Sodium: 11mg | Potassium: 222mg | Fiber: 2g | Sugar: 1g | Vitamin A: 1715IU | Vitamin C: 4mg | Calcium: 17mg | Iron: 1.9mg