

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!

 Course	Soup
 Cuisine	Mediterranean
 Prep Time	10 minutes
 Cook Time	20 minutes
 Total Time	30 minutes
 Servings	6 servings
 Calories	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