MOROCCAN LENTIL SOUP

**Parve, Gluten-free, Vegan** • **Serves 10**

When I do cooking demonstrations around the world, I often try to connect food or desserts to that week’s parashah, the weekly Torah portion that is read in synagogue. Some weeks are easy, such as when Abraham tells Sarah to “make haste” and prepare foods for the three angels, but other passages are impossible to connect to what I am teaching. This, however, is the soup you should make when the parashah is Toldot, which tells the story of how Esau sold his birthright to Jacob for a bowl of lentil soup.

PREP TIME**:** Lentils soak 6 hours to overnight; 8 minutes • COOK TIME**:** 55 minutes • ADVANCE PREP**:** May be made 3 days in advance or frozen • EQUIPMENT**:** Measuring cups and spoons, cutting board, knife, vegetable peeler, garlic press, large bowl, colander, large saucepan or soup pot, immersion blender

1 pound (450g) dried lentils, soaked in water to cover for 6 hours or overnight, and then drained

¼ cup (60ml) extra virgin olive oil

1 large onion, chopped into ¼- to ½-inch (6- to 12-mm) pieces

1 large or 2 small leeks, white and light green parts only, quartered the long way and sliced (see Tip, page 25)

2 stalks celery, cut into ¼- to ½-inch (6- to 12-mm) pieces

2 carrots, peeled and cut into ¼- to ½-inch (6- to 12-mm) pieces

4 cloves garlic, crushed

1 teaspoon fresh thyme leaves

1 teaspoon ground cumin

1 teaspoon ground turmeric

½ teaspoon salt

½ teaspoon black pepper, divided

8 cups (2L) water

• In a large bowl, cover the lentils with water and cover for 6 hours or overnight. Drain the lentils and set aside.

• In a large saucepan or soup pot, heat the oil over medium heat. Add the onions, leeks, celery, carrots, and garlic and cook until the vegetables soften, about 10 minutes, stirring often. Add the thyme, cumin, turmeric, salt, and pepper, and cook for another 3 minutes.

• Add the drained lentils and 8 cups (2L) of water to the soup pot and bring to a boil over medium-high heat. Reduce heat to low and simmer covered for 45 minutes. Let the mixture cool for 20 minutes. Using an immersion blender, purée the soup for 10 seconds, so that just about one third of the soup is thickened. Add more salt and pepper to taste, and serve.

*From Paula Shoyer’s The Healthy Jewish Kitchen*