Curry Lentil Soup

things you need

1
onion, chopped

4
garlic cloves, minced

2 tbsp
olive oil

2 tbsp
curry powder

2 tsp
cumin

4 cups
water

1 cup
split red lentils

½ cup
uncooked rice or 1 cup cooked

1 cup
chopped carrot

1 cup
chopped potato

1 cup
chopped celery

1 cup
frozen peas

1 cup
chopped tomato

To taste
salt and pepper

here's how

1. Saute the onion, garlic, curry powder and cumin in the oil in a large pot until the onions are soft.
2. Add the water, lentils and rice; simmer until the lentils and rice are soft.
3. Puree soup in food processor or blender and return to the pot. Add water if necessary.
4. Add carrot, potato, celery and peas; simmer until vegetables are soft.

5. Just before serving, add 1 cup chopped tomato and salt and pepper to taste.
6. If you'd like a spicier soup, can add some red pepper flakes or hot sauce to taste.