

Julia Anne's Jedra Soup



I love the lentil soup at the local restaurant Gansett Wraps (also formerly at Pick Pockets). For years I searched recipes trying to figure out the spices and the right balance of rice and lentils. I think this is really good, I make it constantly, and was surprised to realize I had never written it down or put it on the website.

2 Tablespoon good olive oil
1 Medium onion diced (about a cup)
2-3 Stalks of celery chopped
2-3 Carrots chopped
4 Cloves garlic minced
1 T Ground cumin
1 tsp. Ground coriander
1 ½ Cup brown lentils rinsed
½ Cup Brown Rice
6 Cups vegetable broth
Salt and Pepper to taste
Fresh chopped parsley, lemon wedges.

- Heat the oil in large pot or Dutch oven over medium heat sauté onion, celery, and carrots until soft. Add garlic, salt and pepper and sauté another minute.
- Add lentils, rice, and broth. Cover and bring to boil. Lower heat and simmer partially covered 30-40 minutes until rice and lentils are tender, stir occasionally.
- Serve sprinkled with parsley with a lemon wedge.

You can prepare till simmer stage and put in crock pot as an alternative way to cook. May need to add more broth or water. I use good quality spices, I really like Penzeys.