

[Egyptian Lentil Soup \(Vegan\)](#)

This Egyptian Lentil Soup is so lemony, filling, and warming. It is similar to my [Sunshine Soup](#). The variation is a few spices and that it was made in a [VitaClay](#). A VitaClay is a rice cooker and slow cooker in one. Soups taste so much better when made in the VitaClay and take about one-third of the time than when made in a classic slow cooker. Just throw everything in a VitaClay and puree with a hand blender when cooked. Doesn't get much easier than that.

Don't worry if you don't have a VitaClay. A regular slow cooker will work. Cook for about 4 to 6 hours on low in a slow cooker. If cooking on the stovetop with a Dutch pot, just cook the onion and garlic in a little olive oil or coconut oil before adding in the rest of the ingredients, bring to a boil and simmer for 30 minutes or so before blending.

Sansational!



Serves 4 to 6

Ingredients:

6 cups of chicken or vegetable stock

1 cup dried lentils
1 large chopped onion
1 large sweet potato, peeled and cubed
2 celery sticks, diced
2 large carrots, peeled and diced
2 garlic cloves
2 tsp cumin
1 tsp tumeric
1 tsp smoked paprika (optional)
Juice of 1/2 lemon
Salt and pepper to taste
1/3 cup coriander or parsley

Directions:

1. Add all ingredients to VitaClay pot, except lemon juice, salt, pepper, and cilantro.
2. Cover and set on "Slow Cooking-Soup" mode for 2 hours.
3. Puree soup with hand blender to desired consistency.
4. Add lemon juice, salt and pepper and stir well.
5. Serve and top with coriander or parsley.