

## Jihad Lentil Soup

- **Sauté 1 tub of Trader Joes Miripoix (carrots, celery, onions) with olive oil until a little limp.**
- **Add 1 cup red lentils and sauté then add water (2-3 cups for every cup of lentils)**
- **Salt, pepper, cayenne pepper and cumin to your tastes**
- **Continue to cook on low until creamy and soft. Keep stirring. May add a bit more water if getting too thick.**
- **Add 4-5 tablespoons tomato paste and fresh chopped mint to soup with juice of 2-3 lemons.**
- **Season again if needed. At this point, may use an immersion blender to make creamy or pour into a blender to cream.**