
CURRIED LENTIL SOUP

3 tablespoons	Olive oil, divided
1 medium	Onion, chopped
1 medium	Carrot, finely chopped
2 large cloves	Garlic, chopped, divided
2 tablespoons	Curry powder (or more)
1 cup	French green lentils
4 1/4 cups	Water, divided
1 15-ounce can	Chickpeas (garbanzo beans), drained, rinsed
1 tablespoon	Fresh lemon juice
2 tablespoons	Butter
2	Green onions, thinly sliced
1	Lemon, cut into 6 wedges

- Heat 1 tablespoon olive oil in heavy large pot over medium heat. Add onion and carrot; sprinkle with salt and pepper. Cook until onion is translucent, stirring occasionally, about 4 minutes.
- Add half of chopped garlic; stir until vegetables are soft but not brown, about 4 minutes longer. Add 2 tablespoons curry powder; stir until fragrant, about 1 minute. Add lentils and 4 cups water. Sprinkle with salt and pepper. Increase heat and bring to boil. Reduce heat to medium; simmer until lentils are tender, about 30 minutes.
- Meanwhile, puree chickpeas, lemon juice, 1/4 cup water, remaining 2 tablespoons olive oil, and remaining garlic in processor.
- Add chickpea puree and butter to lentil soup. Season to taste with salt, pepper, and additional curry powder, if desired. Add water by 1/4 cupfuls to thin to desired consistency.
- Divide soup among bowls. Sprinkle with thinly sliced green onions and serve with lemon wedges.

Note:

Do ahead - Soup can be made up to 1 day ahead. Cool, cover, and refrigerate. Re-warm before serving



Serves 6

Nutrition per serving: 289 Calories; 35.6g Carbohydrates; 12.2g Fat, 11.1g Protein, 30.4mg sodium