**Ginger Lentil Soup**

From 1,000 Lowfat Recipes by Terry Blonder Golson, Published 1997

Makes 5 servings

“Sometimes it is a seemingly fussy technique that makes a recipe. For example, the spices for this soup are first cooked in the sauté pan before being added to the simmering soup. This step enhances both flavor and aroma and since it only takes a minute is not as much bother as it might first appear.”

1 cup lentils, rinsed and picked through

6 cups water

2 teaspoons olive oil

1 cup chopped onions

1 carrot, chopped

1 stick celery, chopped

4 cloves garlic, minced

1 ½ tablespoons finely grated fresh ginger

1 teaspoon ground coriander

½ t. teaspoon ground cumin

One 14 ½ ounce can whole tomatoes, chopped

1/8 teaspoon Tabasco sauce

2 teaspoons kosher salt

2 tablespoons chopped fresh parsley

Bring the lentils and water to a boil in a large saucepan. Reduce to a simmer and cook, uncovered, for about 20 minutes, or until the lentils begin to soften.

Meanwhile, heat the oil in a large nonstick pan. Saute the onions, carrot, celery and garlic for about 5 minutes, until the onions begin to change color. Keep the lid on between stirrings.

Stir the ginger, coriander and cumin into the onion mixture. Cook for 1 minute, then scrape it all into the pot with the lentils. Add the tomatoes with liquid, Tabasco and salt to the pot.

Simmer the soup, covered, for 30 minutes. Stir in the parsley and serve.