

Armenian Lentil Soup

1 cup chopped onion
½ cup sliced carrots
½ cup sliced celery
3 cup peeled, cubed eggplant
1 cup diced green pepper
3-6 cloves garlic, minced
6 cups vegetable stock
1 ½ cup lentils
1 ½ cup chopped tomato
4 ounces dried apricots, sliced
¼ teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon cayenne
1 tablespoon paprika
1 ½ teaspoons salt
3 tablespoons parsley
1 tablespoon mint



- Sauté onions, carrots, celery, eggplant, green pepper and garlic in olive oil until lightly browned.
- Add stock, lentils, tomato, apricots, cinnamon, allspice, cayenne, paprika and salt and simmer until lentils are tender.
- Finish with parsley and mint, and adjust seasonings to your taste.