



# Red Lentil Chicken Soup

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Recipe Source: *Chicken and Egg* by Janice Cole

## Ingredients:

6 boneless, skinless chicken thighs (about 1 ¼ lbs), cut into 1-inch pieces  
2 Tbsp ground cumin  
1 tsp ground cinnamon  
¾ tsp ground allspice  
1 Tbsp olive oil  
2 large onions, chopped  
2 celery ribs, sliced  
4 garlic cloves, minced  
6 cups reduced sodium chicken broth  
1 (28 oz) can diced tomatoes  
1 ¼ cup red lentils (can substitute brown lentils)  
1 tsp kosher salt  
½ tsp ground black pepper  
¼ tsp red pepper flakes  
½ cup chopped fresh cilantro

## Steps:

- Toss the chicken in a medium bowl with the cumin, cinnamon, and allspice until coated. Add the olive oil to a large pot and heat over medium-high heat. Sauté the chicken for 3-5 minutes or until lightly browned on all sides.
- Add the onions and celery and cook for 3 minutes or until slightly softened.
- Stir in the garlic and cook for 30 seconds, or until fragrant, being careful not to let it burn.
- Pour in the chicken broth and stir in the tomatoes, lentils, salt, pepper, and red pepper flakes. Bring to a boil and reduce the heat, simmering partially covered for 30-45 minutes, stirring occasionally, until the lentils are tender and the soup is slightly thickened. If mixture starts to look a little dry, or for a thinner soup, add more chicken broth or water.
- Stir in the cilantro before serving.

*Tips from the Test Kitchen: You can leave out the chicken for a vegetarian dish. Just skip step 1 and add the spices to the vegetable mixture when you sauté them in the oil in step 2. Sliced carrots along with the celery and onion were a great addition, as were canned chickpeas (rinsed and drained) added with the lentils.*



**Nutritional Facts (per serving):** Calories: 394, Carbohydrates: 33 grams, Protein: 43 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 140 mg, Sodium: 1478 mg, Fiber: 8 grams, Total Sugars: 5 grams.