

Mediterranean Lentil and Chorizo Soup



Ingredients:

12 cups water
1 pound lentils
1 pound chorizo sausage
3 carrots, peeled and thinly sliced
3 stalks celery, thinly sliced
3 cloves garlic, finely chopped
3 bay leaves
1 large white onion, finely chopped
1/4 cup fresh parsley, finely chopped
1/4 cup dry white wine
6 tablespoons olive oil
3 tablespoons sherry vinegar
3 tablespoons white onion, grated
2 tablespoons chicken bouillon granules
2 tablespoons smoked paprika
2 tablespoons all-purpose flour
1/4 teaspoon ground cloves
Kosher salt
Freshly ground black pepper

Directions:

- 1) Rinse the lentils and place them in a heat-proof bowl along with 2 teaspoons of the kosher salt.
- 2) Boil 4 cups of the water and pour it over the lentils. Soak the lentils for 30 minutes.
- 3) Heat 2 tablespoons of the olive oil in a deep soup pot over medium-high heat until shimmering. Using the tines of a fork or a toothpick, prick the chorizo sausages several times on all sides. Place the sausage in the soup pot and brown on all sides, 6 to 8 minutes. Transfer the sausage to a plate and set aside.
- 4) Reduce the heat of the stove to medium and add the chopped onions, carrots, celery, 1 teaspoon of salt, and a large pinch of the fresh parsley to the soup pot. Cover and cook the vegetables until they're soft, about 10 to 12 minutes.
- 5) Remove the cover from the pot and deglaze the pan with the white wine. Allow the mixture to cook for 2 minutes for the alcohol to cook off.
- 6) Increase the burner temperature to medium-high and add the lentils and the sherry vinegar to the pot. Stir the lentils continually until the sherry evaporates, about 4 minutes.
- 7) Add the remaining 8 cups of water, the chicken bouillon, the sausage, bay leaves and ground cloves to the pot and bring the soup up to a low boil. Reduce the heat to medium-low and simmer for about 30 minutes until the lentils are tender.

- 8) While the soup simmers, bring the remaining 3 tablespoons of olive oil to a shimmer, over medium heat in a small saucepan. Add the grated onion, garlic, paprika, and a pinch of black pepper and sauté until fragrant.
- 9) Stir in the flour and cook 1 minute, constantly stirring to prevent the flour from sticking to the bottom of the pan. Remove the pan from the heat.
- 10) Remove the sausage and bay leaves from the soup, discarding the bay leaves and place the sausage on a plate to cool.
- 11) Stir the onion-flour mixture into the soup and cook 10 to 15 minutes more until the soup thickens.
- 12) While the soup thickens, slice the sausages in half length-wise, then into 1/4 inch thick slices.
- 13) Return the sausage to the soup along with the remaining parsley and season the soup to taste with salt and pepper.
- 14) Reduce the heat to medium-low and cook the soup for 15 minutes until the flavors have blended and the sausage is heated through. Serve the soup in deep bowls with freshly baked crusty bread.