

Br. Nathan Marzonie, OMV's Family Recipe for *Vosbabour* (Armenian Lentil Soup)

Br. Nathan says:

There are numerous variations on lentil soup in the Middle East. This is a fairly typical vegan version used by Christians during the Lenten fast. It is often eaten with bread or rice; sometimes rice is cooked in the soup, but most purists cook it separately. This recipe makes a large pot (~ 8 cups) of soup.

You will need:

- ~ 5 tbsp. Olive oil
- 1 large onion, minced
- 1 bulb garlic, minced
- ½ green pepper, minced (optional)
- 3-6 large carrots, chopped
- 1 lb. (~ 3 cups) brown lentils (most common, but any variety will do)
- 10 cups water
- 3 tsp. Salt
- 1 tsp. Turmeric
- 2 tsp. Cinnamon
- 1 tsp. Cumin
- 1-3 tsp. Cayenne pepper

To Make:

Heat the olive oil in a saucepan and sauté the minced onions and garlic. Add green pepper (see below), carrots, lentils, water, and spices. Bring soup to a boil and then simmer, uncovered, for 40-50 minutes.

He Also Notes:

This recipe can be adapted to taste very easily. It is traditionally spicy, but can be made without the pepper and different spices such as curry, ginger, or cloves can be used to vary the flavor. Green pepper adds a distinctively bitter note common in Middle Eastern dishes, but it can be omitted. Using more carrot and onion will make a sweeter soup. Cooking the lentils for close to an hour makes a thicker, heartier soup. For a thinner soup, add an extra cup of water and keep the pot covered.

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