



Vospapur (Armenian Red Lentil Soup with Dried Apricots, Cumin Seed, and Thyme)

By Jennifer Abadi

This traditional Armenian soup is both pretty to look at and very hearty to eat, making it a perfect winter soup. The apricots add a nice sweet contrast to the savory flavors of onions, cumin and thyme, as well as an orange color. Serve hot with a thick wedge of peasant or flat bread.

6 servings

Prep Time: 20 minutes

Cook Time: 45 minutes

Storage: Refrigerate for up to 2 days. If soup appears to be too thick when reheated, add a few tablespoons of hot water and mix well.

Type of Dish: Main Course – Meatless, Soup, Vegetables & Side Dish

Ingredients

- 2-3 tablespoons extra virgin olive oil
- 1 1/3 cups yellow onion, finely chopped
- 1 garlic clove, finely chopped
- 1 teaspoon ground cumin
- 1-2 teaspoons fresh thyme, finely chopped
- 1 1/2 cups red lentils
- 4 cups vegetable or chicken broth
- 2 cups cold water
- 2 teaspoons unrefined sugar, honey, or agave syrup
- salt, to taste
- freshly ground pepper, to taste
- 1 3/4 cups dried apricots, coarsely chopped
- 3 cups coarsely chopped plum or vine-ripe tomatoes
- 1 tablespoon fresh lemon juice
- coarsely chopped mint or parsley
- 2 lemons, cut in quarter wedges



Photo: Lori Eanes Photography

Instructions

Heat olive oil in a medium size soup pot for 1 minute over high heat. Add chopped onion and cook until golden, about 7 to 10 minutes. Lower to a medium heat.

Add the chopped garlic and mix. Cook an additional minute.

Mix in the cumin, thyme, and red lentils, and mix well.

Add the broth and water and mix well. Bring to a boil, covered, over medium-high heat. Lower to a medium heat, and cook about 20 minutes until lentils are slightly al dente. Add the sugar, salt, pepper, apricots, and tomato pieces. Continue to cook an additional 15 to 20 minutes, covered, or until lentils are soft.

Add the lemon juice and mix well. Adjust the salt and pepper to taste. Serve hot garnished with chopped mint or parsley, and a small piece of lemon.