

Lentil Soup with chorizo meatballs

Red and angry-looking, this soup is savory and filling, but not particularly spicy. The parsley gives it a fresh, gentle lift. I hope it fills you up, and gives you pleasure.

Makes 2-1/2 quarts soup

3/4 pound bulk fresh chorizo
1-1/2 cups brown lentils, sorted and rinsed
4 cups stock (vegetable, beef, chicken), low-sodium if canned
4 cups cold water
3 tablespoons olive oil
3 large carrots, finely chopped
1 medium onion, diced
1 stalk celery, diced
1 teaspoon salt
1/2 teaspoon pepper
4 cloves garlic, minced
Fresh lemon juice and flat-leaf parsley, for garnish

Form the chorizo into small meatballs, using 1 tablespoon meat for each. Set aside in the fridge, covered.

Meanwhile, combine the lentils, broth, and water in a soup pot. Bring to a boil over high heat; reduce heat, cover, and simmer gently until the lentils are tender but not mushy, about 25 to 30 minutes.

At the same time, heat the oil in a large nonstick skillet over medium heat. Add the carrots, onion, celery, salt, and pepper. Cook, stirring occasionally, until the vegetables begin to brown, about 15 minutes. Add garlic and cook, stirring constantly, for 30 seconds more. When the lentils have finished cooking, scrape the vegetables into the lentil pot.

Without cleaning the skillet (a thin sheen of fat should remain), brown the chorizo meatballs on all sides. This should take about five minutes. Transfer the meatballs to the soup pot. Simmer the soup over low heat until the meatballs are cooked through and the soup is hot. Serve immediately, with a sprinkling of lemon juice and fresh parsley.