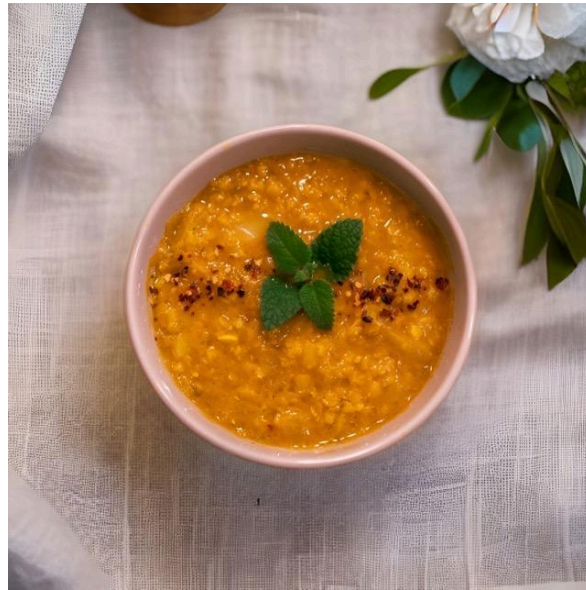


## Dal Adas

### Persian Red Lentil Soup

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**About this recipe:** Persian red lentil soup or “Dal Adas” is a cherished family recipe from grandmother. Consider this a Persian comfort food. This is a flavorful and nutritious dish that reflects the rich culinary traditions of Iran. This soup is often enjoyed throughout the year, especially during the colder months. The use of red lentils is a key component of this soup, providing a hearty texture and a good source of protein. The distinctive flavors come from a combination of aromatic spices such as turmeric, cinnamon, and cumin.

**Can help with side effects:** This soup offers several advantages for individuals undergoing cancer treatments. Its high fiber content, attributed to lentils, can effectively alleviate constipation by promoting regular bowel movements. Furthermore, this soup provides a suitable option for patients experiencing difficulties in swallowing or those with a sore mouth or throat. The tart flavor profile of this soup has been well-received by individuals with taste alterations, enhancing its palatability and appeal to a broader audience.

**Servings: 4 cups**

**Serving Size: 1 cup**

**Ingredients:**

- 1 cup red lentils
- 1 medium-size potato
- 1 small yellow onion
- 4 garlic cloves
- 1 tbsp tomato paste
- 1 tsp turmeric powder
- ½ tsp cumin powder
- ½ tsp red pepper powder (mild or strong according to your taste)
- ¼ tsp cinnamon powder
- salt
- pepper
- olive oil
- 1 tbsp lemon juice (optional)

**Instructions:**

1. Finely chop the onion and garlic and cut the potato into small pieces.
2. In a large saucepan, heat a generous drizzle of olive oil and sauté the onion for 5 minutes over low heat.
3. Add the garlic and sauté for another 2 minutes.
4. Add the tomato paste and the spices (turmeric, cumin, red pepper, cinnamon, salt and pepper), mix well and brown for 1 minute.
5. Add the lentils and diced potatoes to the pan. Cover with 2-3 cups of water.
6. Bring to a boil, then lower the heat and cover with a lid. Cook for 15 minutes, stirring occasionally, adding more water as necessary for painting a soup consistency.
7. After 15 minutes, add lemon for a tangy touch to your lentils, and cook for another 15 minutes over low heat, uncovered.
8. Serve in a bowl and Enjoy!

Per serving: 130 calories, 9 g protein, 20 g carbs/4 g fiber, 2 g fat