

Italian Spiced Lentil Soup

Title with Recipe Name in it

There's nothing quite like a bowl of lentil soup to warm you from the inside out. This Italian spiced lentil soup takes the comforting rustic style of Italian cooking and layers it with warm, fragrant spices. The result is a simple yet deeply flavorful soup that feels both familiar and a little unexpected.

Instead of the usual tomato and vegetable base, this recipe leans on cumin, coriander, ginger, chili powder, and a hint of cinnamon to give the lentils a cozy depth of flavor. Olive oil, fresh greens, and a drizzle of finishing oil keep it rooted in Italian tradition. It's the kind of soup that makes your kitchen smell amazing while it simmers and tastes even better with a slice of crusty bread or focaccia on the side.

Things to know about this Italian spiced lentil soup

- **Yellow lentils cook faster** than green or brown lentils and create a naturally creamy consistency—almost like a light purée.
- **Storage tip:** This soup thickens as it sits. Add a splash of broth or water when reheating to bring it back to the perfect texture.
- **Spice balance:** The cinnamon adds warmth without making it sweet—it balances beautifully with the cumin and chili powder.
- **Finishing touch:** For an extra burst of flavor, drizzle

the soup with your topping made from **olive oil, chili powder, and fresh parsley**. It adds color, heat, and freshness all in one spoonful.

- If you love cozy bowls like this **Italian Spiced Lentil Soup**, you'll also enjoy:
 - Creamy Italian Bean and Parmesan Soup
 - Split Pea Soup with Ham
 - Classic Italian Wedding Soup

Italian Spiced Lentil Soup

Servings & Time

- **Servings:** 4
- **Prep Time:** 10 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 30 minutes

Ingredients

- 3 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger

- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- 2 cups dried red, yellow or brown lentils, rinsed
- 6 cups vegetable or chicken broth
- 2 bay leaves
- 1 teaspoon salt (or to taste)
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 2 cups chopped spinach or escarole (optional)
- Fresh parsley, chopped (for garnish)
- Drizzle of olive oil mixed with freshly chopped parsley for finishing

Instructions

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and salt cook until soft and golden, about 5 minutes.
2. Stir in garlic, cumin, coriander, ginger, chili powder, and cinnamon. Cook for 1–2 minutes until fragrant.
3. Add lentils, broth, bay leaves, salt, and pepper. Bring to a boil, then reduce heat and simmer uncovered until lentils are tender, about 25-30 minutes.
4. Remove bay leaves. for a smoother consistency use a whisk to mix for a few minutes. Stir in spinach or escarole (if using) and cook for 2–3 minutes until wilted.

5. Adjust seasoning as needed.

6. Serve hot, garnished with the olive oil mix