



Lentil Soup

Country of origin: Egypt

Ingredients

6 cups water

2 cups dried red lentils, rinsed thoroughly

1 tomato, quartered

3 medium carrots, peeled and chopped

2 large onions, peeled, one quartered and one roughly chopped

1 potato, peeled and cut into cubes

3 cloves garlic, peeled and sliced

1 teaspoon ground cumin

½ teaspoon sea salt (for health reasons you may choose to reduce or eliminate salt)

2 teaspoons low salt gourmet stock powder

1 tablespoon olive oil

Lemon juice (optional)

Hot chilli powder (optional)

Fresh parsley or coriander, chopped, to garnish (optional)

Method

1. Place water, lentils, tomato, carrot, the quartered onion, garlic and potato in a stockpot over medium heat.
2. Add cumin, stock powder and salt (for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time). Cover and bring to the boil.
3. Once boiling turn down heat and simmer until vegetables and lentils are cooked and soft, approximately 20 minutes. Remove from heat.
4. Blend the chopped onion and sauté in its own juices in a frying pan, then add approximately 1 teaspoon of oil and sauté on medium heat until quite brown.
5. Blend vegetable and lentil mixture in a blender or with a stick blender until smooth.
6. Add 2/3 of the fried onion to the soup.
7. When serving garnish with parsley or coriander leaves, remaining fried onion, a squeeze of lemon juice and chilli powder (optional).

SERVING TIPS

Serve with wholemeal bread or wholemeal pita bread, pickled vegetables or sliced fresh onion with a little vinegar.