

Healthy Quinoa & Lentil Soup by Lyndi Cohen



We asked Nude Nutritionist Lyndi Cohen to share with us something inspirational for winter and here it is.....a **Healthy Quinoa & Lentil Soup**. This one looks and tastes delicious and is suitable for all ages and diets (being Vegan as well). Enjoy the gorgeous flavours and warming spices for winter...

Serving Size: Makes 3 litres or 12 serves

Ingredients:

- 1 brown onion
- 2 tablespoons of extra virgin olive oil
- 1 cup of quinoa (tri-coloured or white)
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon of turmeric
- 1/2 teaspoon ground pepper
- 1 zucchini
- 2 carrots
- 3 large tomatoes
- 1-2 chillis (depending on your heat preference)
- 3 cloves of garlic
- 700ml Passata (or 2 tins of diced tomatoes)
- 1 cup dried green lentils

1/2 cup dried chickpeas

2 litres of vegetable stock

1 tablespoon smoked chilli/chipotle sauce (optional)

Method:

1. Place the oil in a large soup saucepan on medium to high heat. Blitz the onion in a food processor until it is in small chunks (or chop manually if you prefer). Add the onion to the pan and brown for 2-3 minutes.
2. Add the quinoa and spices (coriander, cumin, pepper and turmeric) to the saucepan to toast for 5 minutes, stirring occasionally.
3. Meanwhile, blitz the veggies (tomato, chilli, carrot, zucchini and garlic) in a food processor until they are small chunks (or chop manually). Add the veggies to the saucepan and cook for 2-3 minutes more.
4. Add the passata, lentils, chickpeas and vegetable stock. Add the optional smokey chilli sauce. Bring to the boil and then reduce to simmer.
5. Cook for 1 - 2 hours or until the beans are soft. Add some more water if needed to thin out your soup.
6. Serve hot with fresh parsley as a garnish.

Gluten Free | Dairy Free | Refined Sugar Free | Vegetarian | Vegan

To see more from Lyndi visit her website or social pages below.

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