

Just Green Lentil Soup



There is something very appealing about a good hearty lentil soup in the colder months. It has for a long time now been one of our favourite legumes and especially in winter for making warming soups & casseroles. We named this soup 'just' green lentil soup because that's exactly what it is. A super simple lentil soup recipe, that is warming and delicious with a little added spice.

Serving Size: 4-6

Ingredients:

- 1 cup green lentils
- 5 tablespoons olive oil
- 3 red onions finely chopped
- 2 garlic cloves finely sliced
- ½ teaspoon dried chilli flakes
- 2 teaspoons ground cumin seeds
- ¼ teaspoon ground turmeric
- 2 ½ cups vegetable stock
- 2 ½ cups water
- ½ cup fresh coriander roughly chopped
- Salt and Pepper to taste
- Warm crusty bread to serve

Method:

1. Soak the lentils for 20 minutes in water, rinse thoroughly and then cook on the stove

in a medium saucepan bringing to the boil and simmering for 10 minutes. Drain and set aside.

2. Heat 2 tablespoons of olive oil in a large pan and sauté two of the onions with the garlic, cumin and turmeric for 3-5 minutes or stirring until golden brown.
3. Add the lentils, stock and water and bring to the boil then simmer gently for ½ hour until lentils are soft.
4. Heat the remaining oil and sauté the third onion until golden brown, stirring frequently.
5. Mash the lentils slightly to make a pulpy texture for the soup and add salt and pepper here as needed.
6. Pour the soup into bowls, stir in some fresh coriander and garnish with the sautéed onion and fresh chilli (pictured above).
7. Serve hot on its own or with some warm crusty bread.

Inspiration:

Make double the batch and freeze portions for warm lunches throughout winter.

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