

Basic lentil soup

Preparation time 10 mins, cooking time will depend on type of lentils used

Ingredients:

1 tbsp. olive or coconut oil
2 onions, diced
3 carrots, diced
2 sticks of celery, diced
2 cloves garlic, peeled and roughly chopped
2 – 3 handfuls of other diced vegetables e.g. courgettes, squash, parsnips
Spices – see below
750ml vegetable stock (make your own or use a good brand like Kallo or Marigold)
1 ½ cups lentils (red, green, de Puy, brown....
Fresh parsley / coriander / basil
2 handfuls chopped greens – kale,

Directions:

- Heat a heavy-bottomed pan, add the oil and then the vegetables. Season and saute for 10 – 12 minutes
- Add in whatever spices you are using and saute for another two minutes
- Then add in the vegetable stock and lentils and cook until the lentils and vegetables are fully cooked
- 3 minutes before soup is fully cooked, add in 2 handfuls of chopped greens
- Add fresh herbs, blend to desired consistency and serve

Spice combinations variations for lentil soup:

- 1/2 tsp. ground cumin, ½ tsp. turmeric powder, 1 tsp. curry powder
- 1 tsp good Thai curry paste e.g. Thai Gold
- Fresh root ginger, 1 tsp ground cumin, lemon zest, extra fresh garlic
- 1 – 2 tsp miso paste
- Mixed herbs / herbes de Provence with 2 tbsp. white wine
- 1 – 2 tsp smoked paprika (adding tin of tomatoes with the paprika is also good)
- 1 tsp. dried basil and tin of chopped tomatoes; drizzle each bowl of finished soup with 1 tsp pesto
- For added creaminess add a tin of coconut milk at the same time as the greens. This works best with curry / Thai flavours