

Lentil Soup

Serves 8



- 1 onion
- 2 cloves garlic
- 2 carrots, chopped
- 1 stick celery, chopped
- 2 teaspoons ground cumin
- 300g red lentils
- 2 teaspoons vegetable bouillon powder

1. Chop the onion and crush the garlic.
2. Heat the oil in a large saucepan, add the onion and fry gently for 5 minutes until soft.
3. Stir in the garlic and cumin, fry for 1 minute and then stir in the chopped carrots and celery. Stir to heat through. Turn down the heat and place on the lid. Cook for 5 minutes.
4. Stir in the lentils and stock powder with 1 litre water. Bring to the boil then simmer for 20 minutes until the lentils are soft.
5. Blend with a stick blender or liquidiser. Correct the consistency by adding more water if needed. Correct seasoning. Serve hot.