

Vegetable & Lentil Soup

INGREDIENTS

- 1/2 cup olive oil
- 2 brown onions, diced
- 3 carrots, diced
- 4 white potatoes, diced
- 3 celery sticks, diced
- 4 cloves garlic, crushed
- 2tsp ground cumin
- 1tsp curry powder
- 1/2 tsp dried thyme
- 800g tinned tomatoes, diced or crushed
- 400ml can brown lentils, drained
- 4 cups vegetable stock
- 2 cups water
- 1/2 tsp salt
- Pinch of chili flakes
- Freshly ground black pepper
- 3 cups of chopped silverbeet
- Juice of 2 lemons

SERVES 6-8.

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DIRECTIONS

1. Heat the oil in a large saucepan.
2. Saute; onion, carrot, celery and potatoes for 5 min.
3. Add garlic, cumin, curry powder and thyme and cook for several minutes until fragrant.
4. Pour in the tinned tomatoes, and stir to enhance flavour (for about 3-5min).
5. Pour in lentils, stock and water.
6. Add salt and chili flakes.
7. Cook for 30min, until lentils are tender.
8. Transfer 1/2 the soup into a large/deep bowl and use a stick blender to puree. Pour back into the soup and add the chopped greens, cook for an extra couple of minutes.
9. Add salt, pepper and lemon juice.
10. Serve.

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