



YUMMY YUMMY LENTIL SOUP

Lentil Soup is excellently beneficial for you, since it is rich in protein, iron, fiber, folic acid and magnesium (all essential for your body to develop).

INGREDIENTS

Split Red Lentil

Onion, Garlic

Spice Mix, Salt

Vegetable Oil, Lemon Juice

You need:

Two small cooking pots

Equipment required:

Ladle, Wooden spoon,

Mixer

METHOD

Begin by cooking lentil

1. Wash the lentil with water a few times until the water becomes clear.
2. Place the lentil in a sauce pan and add 2 ½ cups of drinking water.
3. Bring to boil over high heat (for roughly 3-5 mins).
4. Skim all the froth that forms and discard it.
5. Cover, then reduce heat to a low temperature and simmer for 3 minutes or until it becomes tender, then remove it from heat.
6. Season with half the salt & the spices and stir to mix.

Great Job. You are halfway through the tasks!

Cooking the onion and merging the two mixtures together

1. Place another pot over a medium heat temperature. Then, add oil and swirl to heat. Also, add onions and a pinch of salt. Cook whilst stirring until it starts to become golden (this usually takes around 2 min).
2. Add garlic and a pinch of salt & cook for 30 secs, whilst stirring.
3. Carefully add cooked lentils (ask for help if required), then stir to mix, bring to boil, then immediately reduce heat to a low temperature, cover and then allow it to simmer for 5 minutes.
4. Blend cooked soup with hand mixer until smooth (or ask your parents to use an electric blender should the need arise).
5. Return to a gentle boil, then simmer uncovered for 2 min. You may add water and boil again depending on the thickness that you like.
6. Add approximately 1 tsp lemon juice. Then, serve immediately with the remaining lemon juice, spice mix & salt.

Great job, You are all set for an enjoyable family dinner.