



## LENTIL & VEGGIE SOUP

**Nutrition Facts (assuming 6 servings):** Calories 151, Protein 5g, Carbs 11g, Fat 10g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 5 min, **Cooking Time:** 25 min



## INGREDIENTS

Split Red Lentil  
Potato, Carrot, Zucchini  
Peeled Tomato  
Spice Mix

Olive Oil  
Lemon Juice  
Mozzarella Cheese  
Parsley Leaves

# METHOD

1. Clean the lentil from debris, wash well with tap water a few times until water runs clear.
2. Place lentil in a saucepan and add tap water to just cover (6 persons: 4 ½ cups).
3. Bring to boil over high heat, skim all the froth that forms and discard it. Cover, reduce heat to low and simmer 3 minutes or until tender, remove from heat.
4. Season with half the salt and half the spices and stir to mix. Set aside.
5. Place another pot over medium heat. Add oil and swirl to heat. Add onions and a pinch of salt. Cook stirring for 2 min or until it starts to turn translucent.
6. Add chopped veggies with a pinch of salt & cook stirring frequently for 2 minutes.
7. Add garlic with a pinch of salt and cook for 30 secs, stirring.
8. Add chopped tomatoes and stir to combine, cook 1 min.
9. Add enough boiling water to just cover vegetables by about 1 cm, bring to boil.
10. Add cooked lentils with all liquids & stir to mix, bring to boil again, reduce heat to low, cover and simmer for 5 minutes or until veggies are tender (but not too mushy).
11. Remove from heat, blend with hand mixer or regular mixer (careful of splatter) until smooth.
12. Return to gentle boil, simmer uncovered 2 min more, adjust consistency. If it is too thick add more water.
13. To the simmering soup, add remaining spices, a little lemon juice and salt to

**BON APPETIT**