



Lentil vegetable soup

Recipe from Nancy Cogan

Ingredients

Lentils - 1 cup per litre of soup, could be green, brown and/or red lentils
Onions, chopped
Garlic, chopped
Celery, chopped (including celery leaves)
Bay leaves
Coriander
Cumin
Salt and pepper
Other vegetable available - eg carrot, swede, parsnip, potato, sweet potato
Ginger or chilli, optional
Parsley, chopped

Method

1. Rinse and drain lentils.
2. In a large soup pot saute onion in olive oil until translucent. Add water (double the quantity of soup you are cooking - eg for 1L soup add 2L water) and the remaining ingredients you are using.
3. Bring to the boil, then reduce heat and simmer on low for 2-3 hours until lentils and vegetables are all soft, liquid is reduced and flavour is to your liking.
4. Process about 3/4 of the soup leaving the balance to add to the puree for variety.
5. Return to the heat and bring to serving temperature stirring as it's heating to avoid sticking on the bottom of the pot.
6. Serve with the chopped parsley and a dollop of yoghurt.

I enjoy experimenting with this recipe and hope you do too.