

Moroccan Lentil and Vegetable Soup

1 Tbspn each of Olive oil and butter

One large onion finely chopped

1 large stick of celery finely chopped

Half a red capsicum diced

2 cloves of garlic crushed

Fry together until onion is golden. Add garlic last so it doesn't burn

Add any vegetables you choose and the amount you add will depend on how many mouths you are feeding: chop the veggies into small cubes.

Zucchini, pumpkin, sweet potato, potatoes, beans, parsnip etc

Fry the vegetable together until they are starting to brown.

Add:

1 tspn ground coriander

1 tspn each of cinnamon, turmeric and cumin

1 fresh chilli – remove seeds if desired.

Or 1 tspn dried chillies (if desired)

Fry together for a minute or two

Add 1 cup of red lentils and stir for a few minutes

Add 4-5 cups of stock – Vegetable or Chicken or can be any combination of both.

Finally add a can of chopped tomatoes.

Cook for approx. 45 minutes. Add more stock or water if mixture is very thick.

Before serving add a 150g bag of baby spinach, juice of ½ a lemon and a generous amount of chopped coriander or parsley or both.

This soup is delicious served with a dollop of greek yogurt and a sprinkle of finely chopped coriander and of course crusty bread.



Enjoy !!!!!

