



## Hearty Lentil and Vegetable Soup

Lentil and vegetable soup is vegan-friendly, super easy to prepare and fills and empty stomach with a metaphorical giant hug.

### Serves 4 as a main course

300g red lentils, rinsed	4 sticks of celery, diced
(Or combine red lentils and mung beans, rinsed, to add up to 300g)	1 tbsp chopped fresh coriander
Approximately 1 litre of water or chicken stock	1 tsp ground cumin
2 medium red onions, quartered	Pinch of saffron strands
4 cloves of garlic, chopped chunky	Pinch of chilli flakes
4 large carrots, rinsed and chopped	1 tsp ground turmeric
1 swede, peeled and chopped	Salt and pepper to taste

### Method:

Simply bring a large pan of water or chicken stock to the boil and add the chopped vegetables and spices (except for the fresh coriander). Simmer with the lid on for approximately 10 minutes then add the rinsed lentils and mung beans if using.

Stir the lentils and vegetables occasionally to ensure the lentils don't stick to the bottom of the pan. Simmer for approximately 25 minutes until the vegetables are cooked through and the lentils (and mung beans) have softened. If the water is absorbed by the lentils, add some more to allow some residual moisture. Once the ingredients are blended, they will thicken the broth even more.

Add the fresh coriander leaves and blend all the ingredients.

Add salt and pepper to taste.

Serve with freshly baked bread or freshly baked granary baps.