



Greek lentil soup (H)

Serving: 1

Veg

Ingredients

- -1 tsp Olive oil
- - $\frac{1}{2}$ onion, diced
- -1 small carrots, diced
- -2 cloves garlic, finely chopped
- - $\frac{1}{2}$ tsp dried oregano
- - $\frac{1}{4}$ tsp dried rosemary
- - $\frac{1}{4}$ tsp chili flakes
- -Salt to taste
- - $\frac{1}{2}$ tsp freshly ground black pepper
- -1 medium tomatoes, diced
- -1 small roasted red bell peppers, coarsely chopped
- -2 tbsp red lentils, rinsed
- -1. 5 chicken or vegetable stock
- - $\frac{1}{2}$ tsp lime juice and zest

Preparation Method

- Heat a olive oil in a large, heavy bottomed pot. Add onions and carrots and cook until onions are translucent
- Add garlic and spices and cook for 2 minutes or so, stirring frequently, until fragrant. Add tomatoes, roasted peppers and lentils, stir and cook for an additional 2-3 minutes.
- Add stock, bring to a boil and then reduce to a simmer. Cook for 8-10 minutes, until the lentils are tender and just starting to break apart.
- Either leave the soup chunky at this point or blend it together using a blender or immersion blender.
- Just before serving, stir in lemon juice and zest .