

# Moroccan Lentil, Chickpea and Kale Soup

🕒 45 - 60 Mins



Good slug of olive oil

1 x large onion (red or white, whatever you prefer/have in the cupboard)

3/4 big cloves of garlic, finely chopped

A good chunk of ginger, peeled and diced finely (about the same amount in total as the garlic)

1 x large lemon

Teaspoon of cumin

Half a teaspoon of cayenne pepper

3/4 sundried tomatoes from a jar (chopped as finely as you can get them)

Handful of cherry tomatoes

1 x cup of red lentils

1 x tin of chickpeas

1 x tin of chopped tomatoes

Good few handfuls of kale, washed and chopped

2 x cups of vegan veggie stock (I use Bouillon)

1 x cup of water

Cracked pepper to taste



## Preparation

Serves 2-4 (we have big bowls, so it could easily stretch further if needs be – but in all honesty I think it serves 2 as a main meal if you want leftovers the next day, which I really recommend!)

A really good soup pan is great for this recipe. I have a fake Le Creuset, which does exactly what it needs to, but at a fraction of the price. If you haven't got one then I recommend it, or the real deal if you have the cash, as I make almost everything in it. Obviously a big ol' saucepan will do for this as well.

## Cooking Instructions

Moroccan Lentil, Chickpea and Kale Soup. A hearty vegan soup, packed full of protein.

I'm a bit of a chuck-it-in-and-taste as I go kind of girl, so please forgive the lack of 'absoluteness' with this recipe. But this really is a soup you will make your own, so adapt the flavours to suit your own tastes. I like spicy food, so maybe go easy on the cayenne for the first run...

- Put some olive oil in a pan and get it on a low heat
- Chop up your onion and chuck in the pan
- Chop/mince up your garlic and ginger and add to the pan
- Add the cumin and cayenne and stir well
- Wash your lemon and chop into fairly chunky slices – I pretty much use the entire lemon as I just love the flavour, but you may want to use three slices to begin with – and add to the pan
- Add the finely chopped sundried tomatoes and mix in
- In a separate bowl, wash your lentils and drain – set aside
- In a colander, empty 1 tin of chickpeas and wash well
- Add the lentils to the pan and mix well
- Add the chickpeas to the pan and mix well
- Cut your cherry tomatoes into quarters and add to the mix
- Open a can of chopped tomatoes and pour into the pan – mix well
- In order to get out the remaining tomato/juice from the can, fill with cold water and pour into the pan (roughly 1 cup of water)
- Add enough water to the kettle for two more cups and switch on
- Mix up your veggie stock and add to the pan
- Mix well and cover with lid, leave covered for approximately 10 minutes (this gives you time to tidy/wash up what you've used so far)
- Put kale in colander and wash. Leave on side, ready for later
- The soup needs about 20/30 mins to thicken (lid off), and needs stirring every now and then. It should be simmering hot, but not boiling
- When you are happy that it's pretty much ready, roughly chop your kale and add to the soup
- Simmer for an additional 5 minutes or so and then your soup is ready to serve
- Add pepper to taste or for garnish
- Dig in!

This is lovely served with Marmite and Violife cheese on hot/toasted ciabatta, and makes a delicious filling lunch the next day. Packed with flavour, protein and goodness, this is a soup I make as soon as I feel the hint of a sniffle... Add extra cayenne, garlic and ginger to blast that cold right away!

A special mention to Four Corners Lentil Soup, which was the original soup my lovely friend brought round and the inspiration for this recipe.