

# LENTIL SOUP

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A hearty lentil soup that is also a very substantial meal. This one is a great mix between a soothing soup and a protein/carb pack meal feeding you loads of nutrition. Lentils are low in calories, rich in iron and folate. They are an excellent source of protein. They pack health-promoting polyphenols and may reduce heart disease risk factors. They're easily cooked in 5–20 minutes and add a really great substance to this soup.



Makes 4 servings



Total Time: 35min



Prep: 15min

## Ingredients

- A drizzle of extra virgin olive oil
- 2 medium carrots, peeled and roughly diced
- 2 celery stalks, diced
- 1 small red onion, diced
- 3 cloves garlic, minced
- 2 teaspoons **ground cumin**
- 1 teaspoon **ground coriander**
- Salt and pepper
- 1 400g can chopped tomatoes
- 250g green lentils
- 5g fresh thyme leaves
- 1 litre vegetable broth
- 100g baby spinach
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## Method

- In a large pot over medium-high heat, heat the olive oil. Add carrots, celery, and onion and cook until beginning to soften, around 5 minutes.
- Add garlic, cumin, coriander, and salt and pepper and cook for 1 minute, stirring constantly.
- Add tomatoes, lentils, thyme, and vegetable broth and bring to a boil. Reduce the heat and cover with a lid, simmer until lentils are tender and soup has thickened.
- Around 20 minutes. (If most of the liquid has been absorbed, add in ½ to 1 cup more water or vegetable broth)
- Stir in spinach and continue cooking until wilted for 2 minutes, then season again with salt and pepper.

## Equipment needed:

Chopping board, knife, large saucepan, lid, wooden spoon