

Greek Lentil Soup

Note fresh herbs are best but if you don't have them then dry will work too.

Ingredients

2 tbsp olive oil
2 onions finely diced
4 cloves garlic minced
2 tbsp finely chopped rosemary
2 tbsp finely chopped oregano
2 bay leaves
2 carrots diced
1 cup red split lentils (soaked for 3 hours and rinsed well)
8 cups of home made veg stock or 8 cups boiling water
mixed with 2 tsp herb salt
1 chilli finely chopped
4 tomatoes finely diced (optional)
Zest of 1 lemon and juice of 1/2 to 1 lemon

Method

1. Heat up your stock.
2. In a saucepan fry the onion and garlic in the olive oil until translucent.
3. Add the herbs, bay leaves, tomato if using and salt and pepper. Fry for a further 5 minutes.
4. Pop the carrots and rinsed lentils in the saucepan and add the stock.
5. Bring to the boil and then simmer for 20 to 30 minutes or until the carrots are cooked to your liking and lentils are cooked through.
6. Add the chilli, lemon, zest and more salt and pepper if needed.



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