

Greek Rice and Lentil Soup

Ingredients

2 tbsp fresh finely chopped oregano
2 tbsp fresh finely chopped rosemary
3 bay leaves
2 stalks celery cut finely
2 onions sliced
4 cloves garlic minced
1 tsp salt
2 big splashes olive oil
2 carrots diced small
2 big handfuls leafy greens shredded finely
1/3 cup basmati rice
1/3 cup moong dhal (soaked for 3 hours)
6 cups boiling water
2 tbsp miso paste (light coloured)
Juice of 1 lemon (large lemon - about 1/3 to 1/2 cup lemon juice)
2 tbsp tahini
Pepper to taste
Chopped chilli (optional)

Method

1. Place the first 7 ingredients in a large saucepan with the splashes of olive oil. Sautee for 5 minutes. Avoid burning the onion.
2. Add the boiling water, rinsed lentils, rinsed rice and carrots and bring to the boil then simmer for 10 minutes.
3. Add the leafy greens and chilli if using and cook for a few more minutes or until rice is cooked but not mushy.
4. Blend the tahini, miso, lemon juice and 1 cup of the soup stock until smooth. Pour back into the soup and enjoy.



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