

Red Split Lentil Soup



Ingredients

- 1 onion, diced
- 3 celery stalks, diced
- 2 carrots, diced
- 2 potatoes, diced
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp smoked paprika
- 1 tsp ground ginger
- 1 tsp curry powder
- salt & pepper to taste
- 5 cups veggie stock
- 1 1/2 cups red split lentils
- 1 can diced tomatoes

Method

- Heat a large pot with oil. Add diced onion and cook until slightly browned. About 5 minutes
- Add celery, carrots and potatoes. Cook for a further 5 minutes to soften
- Add cumin, turmeric, paprika, ginger, curry powder and salt & pepper. Stir through for about 30-60 seconds.
- Add stock, diced tomatoes and lentils. Bring to a simmer, cover and cook for 20 minutes. Take off heat and allow to cool down.
- Once slightly cooled, blend half with an immersion blender and serve.

