

Red lentil soup

INGREDIENTS

- 🍲 One white onion chopped
- 🍲 Two red peppers chopped
 - 🍲 Two garlic cloves
- 🍲 Two tbsp olive oil
- 🍲 1 tsp mild chilli powder
- 🍲 1 tsp ground coriander
- 🍲 1 tsp ground cumin
- 🍲 1 tsp ground cinnamon
 - 🍲 1 cup red lentils
- 🍲 4 cups vegetable stock
 - 🍲 1 tsp salt

METHOD

- 🍲 Cook the onion, peppers and garlic in the olive oil over a medium heat for about 20 minutes till softened and starting to caramelise.
 - 🍲 Add the chilli, coriander, cumin and cinnamon and cook for a further two minutes stirring continuously so the spices don't burn
 - 🍲 Add the lentils and vegetable stock and bring to the boil. Reduce the heat and cook for a further 25 - 30 minutes till the lentils are completely soft
 - 🍲 Add the salt. Blitz with a stick blender or transfer to a blender and blitz till smooth.
 - 🍲 I served it with some coriander oil and pumpkin seeds but would be just as delicious with some bread, croutons, roasted veg added to it....