



Lentil and Chickpea Soup

Instructions



1. In a large deep pan, place over medium to high heat and add the vegetable oil, followed by the onion and celery, and salt to taste.
2. Once the onion and celery has softened, add the spices and allow the spices to heat through completely, if it dries up too much add a touch of water



3. After a few minutes of adding the ground spices, add the lentils, Coriander and parsley leaves and mix, followed by the tomato purée and tinned tomatoes; mix everything together



Ingredients

- | | |
|---------------------------|------------------------|
| 1 Medium Onion, Chopped | 1 Tsp Coriander Powder |
| 2 Tins of Chickpeas | 1 Tsp Cumin Powder |
| 1 Tin of Chopped Tomatoes | 1 Tsp Paprika Powder |
| 2 Tbsp Tomato Puree | 1 Tsp Cinnamon Powder |
| 2 Tbsp Chopped Coriander | ½ Tsp Chilli Powder |
| 2 Tbsp Chopped Parsley | ½ Tsp black pepper |
| 2 Tbsp Vegetable Oil | 4 Cups of Water |
| Salt to Taste | |

Coriander and Parsley leaves for garnishing

2 Celery Stalks with Leaves, chopped

1 Cup of Lentils, Washed and Drained

*Prep Time: 10 mins *Cook Time: 40-50 mins *Serves 6



4. Add the 4 cups of water, and bring to a boil on a high heat then reduce the heat low and cover until the lentils soften (approximately 30 – 40 mins) Check on the pan regularly and add more water if needed.



5. Once the lentils have softened, add the 2 tins of chickpeas and allow it to cook for another 10 minutes and the soup is ready to serve
6. Garnish with coriander leaves and serve with lemon wedges and a bread roll of your choice.



