

Lebanese Red Lentil Soup

(Serves: 4)

Ingredients

Cobram Estate Australian Extra Virgin Olive Oil, 2 tbsp

2 Fresh Spudshed Carrots, peeled & diced

2 Garlic Cloves, chopped

1 Large Brown Onion, diced

Spencers Ground Cumin, 1 tsp

G-Fresh Ground Cinnamon, 1 tsp

G-Fresh Ground Turmeric, ½ tsp

Olympic WA Split Red Lentils, 240g

Campbell's Real Vegetable Stock, 1.2 L

Fresh Lemon Juice & Parsley (optional – for garnishing)

Method

Step 1

Heat the oil in a pot, then add in the finely diced onions, carrots, and garlic.

Cover with a lid and cook them for 5 minutes, stirring occasionally.

Step 2

Add in the cumin, cinnamon, turmeric, and dried red lentils.

Stir well and cook for a minute.

Step 3

Pour in the vegetable stock and bring to a boil.

Simmer the soup over medium heat for 15 minutes until the lentils are soft.

Step 4

Remove the soup from the heat and allow to cool before blending.

Step 5

Add the soup liquid (in batches if required) into the blender, and blend until smooth & creamy.

Step 6

Serve your soup into bowls. **Enjoy!**

Optional: Drizzle the soup with some fresh lemon juice & garnish it with some fresh parsley.



Pic for illustration purposes only. Recipe may vary in appearance to pic.