

Smoky Chickpea, Red Lentil & Vegetable Soup

by Coupar Angus Food Focus Café

 40 mins

 Serves 4

#SoupOnSaturday



A vibrant, smoky soup with greens, chickpeas, lentils, tomato, paprika, onion, garlic... This #SoupOnSaturday is full of healthy ingredients and warming qualities.

Ingredients

- 1 Onion (peeled & chopped)
- 2 Cloves of Garlic (peeled & chopped)
- 1 Carrot (peeled & diced)
- ½ Tsp Smoked Paprika
- ¾ Tsp Cumin
- 2 Bay Leaves
- ¼ Tsp Ground Black Pepper
- 1 Litre Hot Water
- 400g Chopped Tomatoes
- 100g Red Lentils
- 400g Chickpeas (drained & rinsed)
- 1 Cup Vegetables (e.g. peas or greens)
- 2 Tbsp Sunflower Oil

Method

1. Heat the oil in a large pan, add the onions, and cook for 5 minutes until soft.
2. Add the garlic, carrots, paprika and cumin. Cook, stirring frequently so that the garlic doesn't brown, for a further 2 minutes.
3. Add water, tomatoes, lentils, bay leaves, pepper, and bring to the boil.
4. Cover the pot, and reduce heat to a simmer. Cook for 10 minutes.
5. Add chickpeas and vegetables, then cover the pot and cook for a further 5 minutes.
6. Fish out the bay leaves, then blend of the soup.
7. Serve and enjoy!