

# Smoky Chickpea, Red Lentil & Vegetable

(Adapted from the Coupar Angus Café Collection)

#SoupOnSaturday

## Description

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 ⅔ of the soup.
- 7) Serve and enjoy!