

Red lentil, celery and leek soup

ingredients:

¼ cup olive oil
1 leek
2 cloves garlic
1 stalk celery
½ tspn cumin powder
2 tspns fresh coriander, chopped
1½ litres warm water
1 TBLSPN veg massel stock
1 tspn turmeric
2 cups red lentils, washed and soaked
2 potatoes
Salt and pepper to taste

method:

1. Wash and finely chop leek.
2. Place a large heavy based pot over medium heat.
3. Add oil and begin to fry leek.
4. Finely chop garlic and once leek begins to brown add garlic.
5. Wash and dice celery then also add to pot, fry for a few minutes then add the cumin and fresh coriander. Fry for another minute or so.
6. Peel and cut potatoes into 2 cm cubes.
7. Add all other ingredients and bring to boil then simmer over low heat until lentils are cooked.
8. Adjust with salt and pepper or spices.