

Red Lentil Soup

Ann Campbell

2 Onions

Garlic

5 Carrots

2 sticks Celery

½ an orange

1 ½ cups Orange/red lentils (Common Ground, world harvest, Harvest Market have them) – 1 ½ cups approx.

2 litres Vegetable or chicken stock (Knorr – I use 5 cubes and 10 cups water approx for a big soup pot)

Season to taste with salt, pepper, cumin, coriander, cayenne, fennel or whatever you like.

Rinse the lentils thoroughly and pick out black ones to discard. Lightly sauté onions and garlic in a little butter. Then add carrots and celery and lightly sauté. Add seasoning. Add stock and water and lentils, Bring to boil, reduce heat and simmer as long as possible at least an hour. You may have to skim lentil residue off the top. Adjust seasoning. You can leave it with the whole veggies, but I like to blend it - I have a hand immersion blender which I stick right into the pot.