

Easter
2020

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LENTIL SOUP

SERVES 8

Ingredients

800 ml vegetable stock
2 cups red lentils
4 carrots, diced
4 celery, diced
1 onion (or 2 small), diced
4 garlic cloves, minced
2 bay leaves
1 can diced tomatoes
1 can coconut cream
3 tbsp red curry paste
Cumin seeds
Coconut or rice bran oil, for frying
1 pack deep fried tofu, cubed
Coriander and chilli, for garnish

Method

Rinse the lentils and soak them in water for a while until some of the water is absorbed. Rinse them again and drain.

Fry celery and carrots, and then add onion and cook until soft. Add the minced garlic and cumin seeds and stir.

Add the curry paste and stir. Transfer vegetables to a pot.

Add the lentils and some of the stock. The lentils will absorb some of the liquid.

Add bay leaves. Stir and add more stock or water if the lentils become too dry.

When the lentils are soft, you can add the coconut cream and then the tofu.

Serve with coriander and chilli if desired. Enjoy!

YouTube: Sisters of the Holy Family of Nazareth - Australia