



## Spicy Lentil Soup

### Ingredients

(This makes a lot and freezes well. Keep some for another day!)

250g dried red lentils  
250g onions  
3 cloves of garlic  
250g carrots  
250g leeks  
Small bunch of parsley  
3 bay leaves  
1 tbsp. cumin powder  
4 tbsp. tamari  
Olive Oil  
Salt and Pepper



### Method

Peel and roughly chop the carrots, onions, leeks and garlic.

Fry the vegetables slowly in enough olive oil to cover the bottom of a large pan, and stir occasionally. Add the cumin and cook until the vegetables are almost soft.

Add 2 ½ pints of boiling water, the bay leaves and lentils. Bring to the boil, turn down the heat and simmer for about 10 minutes until the lentils are soft.

Add tamari, and salt and pepper to taste.

Remove the bay leaves and blend the soup.

Chop the parsley and garnish the soup. Eat with a green leafy salad.