



Greek lentil soup

10'

Hands on

45'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 250 g lentils
- 2 tablespoons olive oil
- 1 onion, medium
- 2 carrots
- 2 celery stalks
- 2 cloves of garlic
- 2 bay leaves
- pinch of chili flakes
- 1 teaspoon cumin
- 1 can chopped tomatoes
- 1 vegetable bouillon cube diluted in 1 ½ liters water or 1 ½ liters vegetables stock
- 1 teaspoon salt

For bread

- 1 small country loaf
- salt
- pepper
- olive oil
- 5 sprigs fresh thyme

To serve

- 1 tablespoon olive oil
- 1 tablespoon vinegar
- anchovies
- olives

Method

- Rinse the lentils and drain.
- Place a large **pot** over medium heat.
- Coarsely **chop** the onion and add them to the pot along with the olive oil.
- Chop the carrots and celery into small slices.
- Add them to the pot and sauté for 3-5 minutes, until they soften.
- Thinly slice the garlic and add to the pot along with the bay leaves, chili flakes and cumin.
- Stir and add the lentils, chopped tomatoes and vegetable stock.
- Cover the pot and simmer for 45 minutes over medium to low heat.
- When ready, add the salt. (The salt is not added at the beginning so that the lentils don't harden.)

To serve

- Cut 4 slices of bread from the country loaf.
- Place a **grill pan** over high heat.
- Add the slices of bread, olive oil, salt, pepper, and thyme. Toast until golden on both sides.
- Serve the lentils in a serving bowl and add 1 tablespoon of olive oil and 1 tablespoon of vinegar.
- Serve the toasted bread, anchovies and olives on the side.

Διατροφικός πίνακας

Nutrition information per portion

274 Calories (kcal)	3.6 Total Fat (g)	0.5 Saturated Fat (g)	38.0 Total Carbs (g)
14%	5%	3%	15%
9.4 Sugars (g)	17.0 Protein (g)	8.9 Fibre (g)	1.4 Sodium (g)
10%	34%	36%	23%