

Consuela's Cooking Corner



MOROCCAN RED LENTIL SOUP



Ingredients:

- 1 tbsp olive oil
- 1 large onion finely diced
- 2 medium carrots finely diced
- 1.5 tsp ground cumin
- 1.5 tsp coriander powder
- pinch of cinnamon
- 0.5 tsp turmeric
- 340 g red split lentils
- 1 400 g tin chopped tomatoes

Directions:

1. In a large pan over a medium heat gently heat the olive oil.
2. Add the diced onion and sauté for about 2 minutes until softened then add the diced carrots and sauté together for a further 2 minutes.
3. Add the spices stirring for another minute.
4. Add the lentils, tomatoes and vegetable stock and stir to combine. Simmer on low heat for 20 minutes until the lentils are tender.