

RED LENTIL & VEGETABLE SOUP

Wheat-free Gluten-free Dairy-free Vegan

This delicious and nutritious soup may be served warm on a cold winter's day or chilled in the summer.

Ingredients:

2 cups red lentils (do not need soaking)
3 bay leaves
Cumin, coriander or curry powder
Cauliflower, broccoli, zucchini, French beans, pumpkin etc
Tamari
Apple juice

Method:

Add lentils, bay leaves, spices and vegetables into a large saucepan and cover with water. Boil until lentils and vegetables are soft.
Puree lentil and vegetable mixture.
Adjust taste with tamari and apple juice.