



Lentils soup with vegetables

Spain | Easy | 30 minutes | 4 servings | Main Dish

Tasty Mediterraneo's "Lentils soup with vegetables" recipe is a healthy vegan and gluten free Mediterranean diet recipe. A simple yet delicious legume dish that is a good source of protein, fiber, iron, B group vitamins and other nutrients.

Tools and equipment

~ tablespoon
~ cup
~ knife

~ peeler
~ large saucepan

Directions

- 1 Have the lentils and all the vegetables well washed (in cold water) and prepared as indicated in the ingredients description.
- 2 Heat the olive oil in a large saucepan. Add the carrots and cook over low heat, stirring frequently, for about 2 minutes. Add the onion and a pinch of salt and stir-fry for 2 more minutes until only lightly golden.
- 3 Add the red bell pepper, the potato and the garlic clove and stir-fry over medium heat for around 2 minutes until soft but not brown.
- 4 Reduce heat to low. Add the tomatoes, the bay leaf, the lentils and stir. Cover with cold water and leave to cook, covered with a lid, at a medium-low heat for approximately 20 minutes, or until the lentils are "al dente", stirring from time to time. Add a tablespoon of sea salt (or salt to taste) and stir.
- 5 Remove from the heat and serve hot.

Ingredients

extra virgin olive oil	2 Tablespoons	ripe tomatoes	2 units
carrots <i>(peeled and diced)</i>	2 units	<i>(peeled peeled and finely chopped)</i>	
onion <i>(peeled and finely chopped)</i>	1 unit	bay leaf	1 unit
red bell pepper <i>(cored and diced)</i>	1 unit	Pardina lentils	300 gr
medium potato <i>(peeled and diced)</i>	1 unit	<i>(1 ½ cup)</i>	
garlic clove <i>(peeled)</i>	1 unit	sea salt	1 tablespoon
		<i>(or salt to taste)</i>	
		water	1 ½ litres
		<i>(3 pints or 4 ½ cups)</i>	