

Lentil Soup

6 oz Red Split Lentils
2 onions chopped
2 carrots chopped
2 sticks celery chopped
2 cloves of garlic
1 tablespoon each coriander and cumin seeds crushed (or use ground spices)
1 pint stock

Method:

Gently soften the onion, garlic, carrots and celery in a little oil or butter. Add the lentils and stir well. Add stock and bring to the boil. Stir well and reduce heat to simmer until the lentils are soft, about 20 mins. The soup can be eaten as it is or liquidised to make a smoother thicker consistency.