

Ingredients

Serves 15-20

3 tbs olive oil
3 medium brown onions, diced
3 red capsicum, diced
6 carrots, peeled and diced
2 jalapeño chillies, diced (optional)
3 garlic cloves, diced
1 tsp each dried oregano, cumin and dried coriander
4 cups red lentils, rinsed
12 cups chicken or vegetable stock
1 kg tin tomatoes, chopped (keep liquid)
2 cups water
Parsley or coriander, chopped (garnish)



Method

1. Heat oil in a large soup pot over medium heat. Add onions and cook until softened. Add capsicum, carrots, jalapeños, garlic and dried herbs and spices. Cook for 10-15 minutes, stirring regularly, until vegetables are soft.
2. Add lentils, stock, tinned tomatoes including liquid and water. Bring to the boil and then reduce heat, allowing the soup to simmer for 20-30 minutes or until lentils have softened.
3. Remove half the soup and puree in a food processor. Add pureed soup back into the pot and stir well. Season to taste and garnish with chopped parsley or coriander.

Nutrition, hints and tips

- This is a hearty soup which can be served as a main meal or side dish.
- Freshly prepared soups with added vegetables provide a range of vitamins and minerals and much less sodium (salt) than soups made from a powdered-base.
- Red lentils are high in protein and fibre. They are a great vegetarian or vegan protein source.
- A dollop of cream, sour cream or plain natural yoghurt can be added to increase the energy and protein content.
- This soup can be blended for residents receiving a Texture Modified Diet (NB: remove herb garnishes for Texture Modified dishes).
- This soup freezes well. Freeze in individual portions for easier defrosting when ready to serve.