



Turmeric & ginger red lentil soup



Ingredients:

- 500gr red lentils
- 1 medium onion, thinly sliced
- 1 clove garlic
- 1 carrot thinly sliced
- 4-5 tbsp tomato sauce
- 1 tsp turmeric
- 1 tsp coriander powder or 2 tbsp fresh, chopped
- 1 tsp ginger powder
- 2 tbsp chopped parsley
- 3-4 bay leaves
- sea salt, pepper



Instructions:

1. Put the onion in the pot and simmer with a little bit of water for 3-4 minutes.
2. Add the tomato sauce and carrot and keep stirring.
3. Add the lentils and water, spices, salt and pepper.
4. Let them boil for 10' or so, they will soften relatively quickly.
5. Remove from the heat and add the parsley.
6. Serve with olive oil and freshly ground pepper!



