

Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



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Brown Lentil & Spinach Soup

You'll need:

- 1½ cups brown lentils
- ½ cup small yellow lentils
- 1 tablespoon olive oil
- 1 large brown onion, chopped
- 1 teaspoon paprika
- 1 teaspoon Italian herbs
- 1 teaspoon coriander
- 1.5 litres water
- 1 cup chopped red capsicum
- 500g sweet potato, diced small or grated
- 2 Massel vegetable stock cubes
- 1 rounded teaspoon marmite
- 1 bunch English spinach



Here's what to do:

1. Wash the brown and yellow lentils in a colander under running water, and then soak them in plenty of water, overnight.
2. Sauté onion in olive oil.
3. Add paprika, Italian herbs and coriander. Stir continuously for 1 minute. Do not allow to burn.
4. Add the water, capsicum, sweet potato, stock cubes, marmite and the drained lentils. Bring to boil and then reduce to simmer.
5. While the soup is cooking, prepare the spinach, by cutting off roots and washing leaves thoroughly. Gather the leaves into bundles and slice into about 2cm shreds, including stems.
6. When the soup is completely cooked, add the chopped spinach and reheat to serve.

Helpful Hints

- Bags of dry lentils are located in the soup section of supermarkets, usually alongside barley.
- We like to use Massel stock cubes because they are vegetarian and can be found with other stock cubes in most major supermarkets.