

HEALTHY QUINOA & LENTIL SOUP



We asked **Nude Nutritionist Lyndi Cohen** to share with us something inspirational for winter and here it is.....a Healthy Quinoa & Lentil Soup. This one looks and tastes delicious and is suitable for all ages and diets (being Vegan as well). Enjoy the gorgeous flavours and warming spices for winter...

Serving Size: Makes 3 litres or 12 serves

Ingredients:

1 *brown onion*

2 tablespoons of *extra virgin olive oil*

1 cup of *quinoa (tri-coloured or white)*

2 teaspoons *ground cumin*

1 teaspoon *ground coriander*

1 teaspoon of *ground turmeric*

1/2 teaspoon *ground pepper*

1 *zucchini*

2 *carrots*

3 *large tomatoes*

1-2 *fresh chilli's* (depending on your heat preference)

3 cloves of *garlic*

700ml *passata* (or 2 tins of diced tomatoes)

1 cup *dried green lentils*

1/2 cup *dried chickpeas*

2 litres of *vegetable stock*

1 tablespoon *smoked chilli/chipotle sauce (optional)*

Method:

Place the oil in a large soup saucepan on medium to high heat. Blitz the onion in a food processor until it is in small chunks (or chop manually if you prefer). Add the onion to the pan and brown for 2-3 minutes.

Add the quinoa and spices (coriander, cumin, pepper and turmeric) to the saucepan to toast for 5 minutes, stirring occasionally.

Meanwhile, blitz the veggies (tomato, chilli, carrot, zucchini and garlic) in a food processor until they are small chunks (or chop manually). Add the veggies to the saucepan and cook for 2-3 minutes more.

Add the passata, lentils, chickpeas and vegetable stock. Add the optional smokey chilli sauce. Bring to the boil and then reduce to simmer.

Cook for 1 – 2 hours or until the beans are soft. Add some more water if needed to thin out your soup.

Serve hot with fresh parsley as a garnish.

Gluten Free | Dairy Free | Refined Sugar Free | Vegetarian | Vegan

To see more from Lyndi visit her website or social pages below.

www.lyndicohen.com

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