

# Rustic Lentil Soup

Bialik College Kitchen Garden Program



**Bialik College**

## Ingredients:

- 250g small brown lentils
- 2 garlic cloves, crushed
- 2 bay leaves
- 1 brown onion, finely diced
- 2 celery stalks, finely diced
- 2 carrots, peeled & finely diced
- 2 tablespoons olive oil
- 400g can chopped tomatoes
- 400g can chickpeas, drained
- Salt & pepper, to taste
- 2 tablespoons chopped parsley

## Equipment:

- chopping board
- cook's knife
- peeler
- metric measuring cups/spoons
- colander
- medium saucepan
- large saucepan
- wooden spoon

## Method:

1. Rinse the lentils and place in a medium saucepan with the garlic, bay leaves and 1½ litres of cold water. Cook for 30 minutes or until almost tender, skimming occasionally.
2. In the meantime, finely dice the onion, celery and carrots. Heat the olive oil in a large saucepan. Add the onion, carrots and celery and cook, stirring often, for 10 minutes.
3. Add the tomatoes, stir well, then add the lentils and their cooking water. Simmer for 20 minutes until nice and soupy.
4. Add the chickpeas, salt and pepper, and simmer for a further 10 minutes or more. Add extra water as necessary.
5. Stir in the chopped parsley just before serving.