



## Lentil Soup

### Description

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## Lentil Soup

### Vegan

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### Ingredients for 6

- 3 Carots
- 300g Red lentils

600g Tomato (can)  
45g Tomato paste

3 Onions  
3 Garlic  
60g Mint  
2l Vegetable broth  
1 Lemon  
3 TL Olive oil  
3 TL Cumin  
3 TL Sweet paprika  
1 TL Chilli  
Pepper  
Salt

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## Prepare

- ? Peel 3 onions and finely dice them
- ? Peel and chop 3 cloves of garlic
- ? Wash and cut 3 carrots into small pieces
- ? Wash, dry and finely chop 60g mint
- ? Wash 300g red lentils
- ? Halve the lemon and squeeze the juice

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## Cook

? Heat 3 tbsp olive oil and sauté onions and garlic until translucent

? Fry the carrots and 3 tablespoons of tomato paste for about 3 minutes

? Add 600g diced tomatoes, 1 teaspoon chilli flakes, 60g mint, 3 teaspoons sweet paprika powder and cumin and cook for 5 minutes

? Add 2l vegetable stock and red lentils and simmer for 15min

? Add lemon juice, puree the soup until creamy and season with salt and pepper

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## Lentil Soup (Vegan)

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## Ingredients for 6

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300g Red lentils  
600g Tomato (can)  
45g Tomato paste

3 Onions  
3 Garlic  
60g Mint  
2l Vegetable broth  
1 Lemon  
3 TL Olive oil  
3 TL Cumin  
3 TL Sweet paprika  
1 TL Chilli  
Pepper  
Salt

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## Prepare

- ? Peel 3 onions and finely dice them
- ? Peel and chop 3 cloves of garlic
- ? Wash and cut 3 carrots into small pieces
- ? Wash, dry and finely chop 60g mint
- ? Wash 300g red lentils
- ? Halve the lemon and squeeze the juice

## Cook

- ? Heat 3 tbsp olive oil and sauté onions and garlic until translucent
- ? Fry the carrots and 3 tablespoons of tomato paste for about 3 minutes
- ? Add 600g diced tomatoes, 1 teaspoon chilli flakes, 60g mint, 3 teaspoons sweet paprika powder and

cumin and cook for 5 minutes

? Add 2l vegetable stock and red lentils and simmer for 15 min

? Add lemon juice, purée the soup until creamy and season with salt and pepper

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### **Category**

1. Food
2. normal

### **Date Created**

Dezember 2021

### **Author**

admin

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