

Lentil Soup

Here in Czech lentil soup is one of the most common homemade soups, served in homes across the country daily, so most people would see the need for a recipe. The thought behind this recipe is to shine some light on this little legume that has come out of favor in other parts of the world. This soup is simple and offers a good serving of protein.



Prep time
15 min

Cook time
35 min

Ingredients

Soup

- 1 ½ cups brown lentils
- 4 cups vegetable stock
- 2 carrots, sliced
- 3 medium potatoes, cubed
- ½ Tbsp paprika
- 1 Tbsp coriander
- dash of pepper
- 2 cloves of garlic
- 1 onion, diced
- 2 Tbsp olive oil
- 2 Tbsp spelt flour

Croutons

- 3 -4 cups of stale bread cut into bite size cubes
- ¼ cups olive oil
- Seasonings such as garlic, dried onion, parsley, paprika and/or rosemary

Serves 5 - 6

Directions

Soup

1. Chop the carrots and potatoes into bite size pieces. Dice the onion and finely chop the garlic.
2. In a medium saucepan bring the vegetable stock and lentils to a boil with the carrots, paprika, coriander and pepper. Reduce heat to medium and add in the potatoes. Continue to cook for 20 - 25 minutes, until the potatoes and lentils are tender.
3. Meanwhile, in a small frying pan make the roux by sautéing the onions in oil until they start to brown, about 10 minutes. Then add in the flour and cook for another 2 minutes.
4. Slowly add the roux into the soup while mixing.
5. Just before serving mix in the garlic. By adding it in at the end you can preserve more of its beneficial properties but it will also impart a stronger garlicky flavor. If you are not a big fan of garlic you can add it at the beginning with the dried seasonings.

Croutons

1. Preheat the oven to 175°C / 350°F
2. Toss the bread with the seasonings and oil.
3. Bake for about 10 minutes, until they are lightly browned.
4. Keep an eye on them as they can burn very quickly.

If you are in the habit of eating croutons it is always best to cut up the leftover bread before it gets too stale, as cutting very stale bread can be messy. I usually cube up the left over ends of the bread and put them some place to dry completely then put them in an airtight container for then next time I make soup.

Healthy Corner

Lentils boast about 30% of their weight in protein, the highest of all the legumes.

As a child my grandpa used to eat lentil soup and I would always think eww, what is that ugly brown soup, not for me! We have started our son on lentils at a young age and he loves them. I think it is all about what we are used to, therefore, don't miss a chance to enjoy this wonderful soups with friends and family young and old.

