Warm Lentil Chickpea Soup

Ingredients

3/4 cup of brown or green lentils, picked over and rinsed
1 full cup of dried chickpeas - soaked overnight, drained and boiled until tender
1 full cup of broad (fava) beans - soaked overnight, drained and boiled until tender
7½ cups of vegetable stock or water (meat stock can also be used)
800g or 14oz chopped tomatoes - canned
1 bunch of coriander (cilantro)
1 bunch of parsley - chopped
2-3 tbsp olive oil
2 onions sliced
1/2 tsp ground ginger
1/2 tsp ground turmeric
1 tsp ground cinnamon
Handful of salt - chopped
Handful of ground black pepper
3/4 cup caster sugar
Pinch of saffron (kesar)
Servings
8
Person

Preparation

1   Heat the olive oil in a stockpot or large pan to start making the soup. Then add the onions and stir over a low heat until they are soft - for about 15 minutes or so

2   then add the saffron, cinnamon, turmeric and ginger together with the tomatoes and a little sugar.

3   Mix in the lentils and pour in the water or stock.

4   Bring the mixture to a boil and then turn down the heat

5   cover the pot and let the soup simmer until the lentils are soft and tender – about 25 to 30 minutes or so.

6   Add the cooked chickpeas and beans, and bring to a boil, then cover and let it simmer

down for another 10-15 minutes. Stir in the fresh herbs and seasonings and mix well for 5 minutes.

7   Serve hot. This delicious soup can be eaten with some warm crusty bread.

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Cooks Note
Serves 8