



Posted on 27 September 2012
by ewfood

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
