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by ewfood

Lentil, Chickpea and Bean Soup



Ingredients

850g cans of chickpeas (rinsed and drained)
340g red kidney beans (rinsed and drained)
100g red lentils
1.25 litres vegetable stock
60ml lemon juice
1 tablespoon of olive oil
1 large red onion coarsely chopped
2 garlic cloves crushed
1 teaspoon ground cumin
1 teaspoon ground turmeric
1 teaspoon ground sweet paprika
Half teaspoon ground cinnamon
1/3 cup fresh mint (chopped)
500g spinach (shredded)

Preparation

1. Heat oil in a pan, add the garlic, spices and the chopped onion, stir until the onion is soft.
2. Stir in the beans, lentils, peas, juice, stock and mint, leave uncovered and simmer for about 20 minutes, occasionally stirring or until the lentils are tender
3. Finally add in the spinach, uncovered for a further 5 minutes or until the spinach is just wilted.
4. Serve with crusty bread for a heart warming meal experience!

Cooks Note