



Posted on 19 May 2014
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Easy Arabic Soup

Ingredients

300ml Red lentils
300g potato, peeled and sliced
250g carrot, peeled and sliced
2 small onions, chopped
2tbsp cooking oil
1 tsp cumin
1 pinch cayenne pepper
1 pinch black pepper
2 cloves garlic, crushed
2 cubes vegetable stock
Salt to taste

Preparation

- 1 Rinse lentils in cold water. Peel and slice potatoes, carrots and onions.
- 2 Fry the potatoes, carrots and onion in oil in a large soup pot.
- 3 Season with cumin, cayenne and black pepper. Then add garlic, lentils and 4 cups of water with vegetable stock cubes.
- 4 Let soup boil for 15 minutes or until vegetables are tender. Mix the soup with a hand blender.

Cooks Note
