

Lentil Soup

Makes 12 cups

- 4 tsp chicken stock paste , dissolved in 4 cups of boiling water
- 2 cups water
- 2 tsp garlic, minced
- 2 onions, finely diced
- 4 carrots, finely diced
- 4 celery stalks, finely diced
- 2 540ml cans lentils, drained and rinsed
- 2 tsp cumin
- Salt and pepper, to taste

1. Put all of the ingredients into a large pot, and bring to a rolling boil.
2. Cover and simmer on low heat for about 20 minutes or until the vegetables are soft
3. Puree with a handheld blender, or mash with a potato masher.
4. Serve with a dollop of plain Greek yogurt, if desired.

