LowFat Spicy Red Lentil Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

2 tblsp vegetable oil

1 onion chopped

1 tsp minced garlic

1 tsp minced ginger

1 tsp minced chilli

1 tsp turmeric

1 tsp ground coriander

1cup red lentils

1 litre water

2 vegetable stock cubes

1 can chopped tomatoes

Ground pepper and salt to taste

Instructions

Serves 4

Cooking time 30 min

This soup is great for a cold winters lunch or dinner.

1. Heat a large saucepan and add oil. Add onion and cook for 2min till nearly browned then add garlic and ginger and cook for another 1min.
2. Stir through chilli and spices, stir for another minute till it becomes aromatic.
3. Add lentils and stir to coat with spices. Pour in water, stock cubes and chopped tomatoes.
4. Bring to the boil and simmer for 30min. Add salt and pepper to taste.

Serve with Crusty/Toasted Bread like Rye sourdough.