

# BUDGET BOOSTER LENTIL SOUP

🕒 30 min    🍴 Serves 4-6

## Ingredients

- 1 cup of red lentils
- 1 carrot\*
- 1 onion
- 4 tsp of vegetable stock powder
- Juice of half a lemon
- 1 tbsp cumin powder
- 1 tsp chilli powder
- Salt & pepper to taste

### *For the croutons:*

- 2 slices of any leftover bread
- 2 tbsp of oil

## Method

1. Peel and finely chop the onion. Chop the carrot (no need to peel if properly washed). Wash the lentils in a sieve.
2. Add lentils, carrot & onion to a pot. Add 1 ¼ liters of water, bring to a boil, add veggie stock powder and stir. Simmer, covered, for 25 minutes until the lentils are disintegrating.
3. Meanwhile, make the bread croutons. Cut/tear bread into 1cm cubes, add to frying pan, drizzle with olive oil and toss until coated, sprinkle with salt. Cook over medium/high heat, stirring occasionally until golden brown and crispy, about 5 to 10 minutes.



4. Back to the soup, you now have the option to use a blender to blend it until smooth.
5. Add seasoning with lemon juice, salt, pepper, ground cumin and ground chilli.
6. Enjoy with bread croutons or just toasted bread.

**TIP:** You can chop up any other vegetables for variation & freeze this soup in portions.