

## Red Superfood Soup

Meal time: Iftar

Meal type: Vegan

Country of origin: Middle East

Difficulty: Easy

Servings: 4

Total time: 1 hour

Calories: 350 Kcal

### Ingredients

125g red lentils

1 large onion finely chopped (+/-130g)

1 large finely chopped tomato

4 medium carrots, diced

50g of coriander

3 sticks celery, chopped

1 TBSP olive oil

2 TSP ground cumin

1 TSP turmeric

2 cloves of garlic, finely chopped

Salt and black pepper

250ml of veggie broth

250ml of water

### Instructions

1. In a deep saucepan, add 1 TBSP of olive oil, onion, tomato, diced carrots, a handful of coriander, celery, spices and salt and pepper and cook on a medium heat for 10 minutes.
2. Add lentils, veggie broth and water.
3. Continue to cook over a medium heat for 40 minutes.
4. Blend all the ingredients until smooth.
5. The superfood red soup is ready, serve it and enjoy!