



IMMANUEL
DIAKONIE

IMMANUEL.KOCHT

vegan & vegetarian with Lutz Fohgrub

ITALIAN VEGGIE SOUP WITH FENNEL AND RED LENTILS



• We wish you bon appetit! •

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This soup is summery light, vegan und very easy to fix.

The ingredients as listed yield 4 servings..

Ingredients

800 g	fresh fennel (1 - 2 bulbs)	2-3	garlic cloves
		4	allspice berries
100 g	fresh tomatoes	2 bay	leaves
100 g	red lentils	½ bunch	fresh oregano
50 g	celery stalks	½ bunch	fresh parsley
50 g	onions		
2-3 tbsp.	virgin olive oil	Salt	
800 ml	vegetable stock	Freshly ground black pepper	

To Prepare

Scrub fennel bulbs clean and if necessary trim the stalks and fronds and put aside. Chop the bulbs in fine strips. Dice the tomatoes. Wash the celery stalks, chop first in fine strips, then dice. Peel the onions and dice finely. Peel the garlic cloves and mince.

Heat olive oil in a pot not too hot, add the onions and sauté until transparent. Add allspice berries, bay leaves and garlic and lightly brown. Add fennel, tomatoes and celery stalks, top up with vegetable stock and simmer on low flame for about 15 minutes. Wash the red lentils in a strainer and add to the pot. Red lentils have a very short cooking time of 5 to 8 minutes, so just let the soup come to a brief boil and then simmer for close to five more minutes. Season the soup with a little salt and pepper to taste. Rinse the oregano and parsley, shake the herbs dry and mince. Sprinkle them over the soup just before serving.

The Health Factor

Lentils are rich in essential dietary minerals, especially zinc. This serves a special function in the metabolism of sugar, fats and protein. A balanced and varied diet that includes legumes such as lentils supports the absorption of vital dietary minerals.

Allergy sufferers please note: Contains celery.