



IMMANUEL
DIAKONIE

IMMANUEL.KOCHT

vegan & vegetarian with Lutz Fohgrub

INDIAN-STYLE LENTIL SOUP



• We wish you bon appetit! •

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INDIAN-STYLE LENTIL SOUP

This soup is vegan und very easy to fix.
The ingredients as listed yield 4 servings.

Ingredients

| | | | |
|-----------|-------------------|--------------------|--|
| 200 g | brown lentils | 1 cm | fresh ginger |
| 50 g | carrots | Approx. 1 tsp. | Indian curry powder (f. ex. Madras Curry) |
| 50 g | onions | | |
| 50 g | parsley root | Approx. 1 tsp. | caraway |
| 50 g | celeriac | Approx. ½ - 1 tsp. | ground cinnamon |
| 200 g | fresh bell pepper | 1 dash | fresh ground black pepper |
| 200 g | fresh pineapple | | |
| 800 ml | vegetable stock | 1 bay leaf | |
| 2-3 tbsp. | virgin olive oil | ½ bunch | fresh coriander |
| 2-3 | garlic cloves | | |

To Prepare

Place the lentils in cold water the day before, cover and let soak overnight in the refrigerator. Peel and mince the onions, carrots, parsley root and celeriac. Wash the bell pepper, cut in half, remove seeds and also finely dice. Peel the pineapple, remove the stalk and finely dice the fruit pulp. Peel the garlic and ginger and mince or grate.

Cover the bottom of a sufficiently large pot with olive oil and heat while taking care not to scorch. Add the onions and sauté until transparent. Add the spices, ginger and garlic and lightly brown approx. one minute. Pour off the soaked lentils and add to the pot together with the finely diced vegetables and pineapple, top up with vegetable stock and simmer for about 20 minutes on a low flame until all ingredients are cooked through. Rinse the fresh coriander, shake dry, chop finely and sprinkle onto the soup just before serving.

The Health Factor

Like all legumes, lentils are very rich in fiber. 100 g lentils contain 17g of dietary fiber. This fiber is extremely beneficial to the entire digestive tract. In addition, they're a good source of protein and zinc.

Allergy sufferers please note:

Contains celeriac, can contain mustard seed, depending on the curry used.