

Fakes-Greek lentil soup

My peasants dinner for the family

Vavvara
COACHING

Ingredients

- Half a packet of lentils (green or brown)
- 1 red onion
- 3 garlic cloves
- 1 grated carrot
- 1 grated celery stick
- Oregano (I always add in turmeric and smoked paprika as it's my favourite and added depth to my cooking)
- 2 bay leaves
- Quarter of a cup of olive oil
- 6 tbsp organic cider vinegar and or balsamic vinegar
- Salt and pepper
- Tbsp of tomato paste



Method

- Add all ingredients into a deep pan except olive oil, salt and vinegar and Tomato paste.
- Cover lentils and ingredients with water plus add an extra 2 cups. Bring to the boil and simmer for 30 min or until lentils and potatoes are soft.
- Add in olive oil, vinegar, salt and pepper and tomato paste and simmer for an extra 15 min.
- Serve with extra vinegar if needed and crumbled feta and village style bread

Tips: Adding the salt later will prevent the lentils hardening before they are cooked. If you like a thicker soup add in less water to begin with and add as you go along. Bay leaf or Laurel, have anti flatulent properties, so don't forget this when cooking lentils.