



HEALTHY QUINOA & LENTIL SOUP BY LYNDI COHEN

We asked **Nude Nutritionist Lyndi Cohen** to share with us something inspirational for winter and here it is.....a **Healthy Quinoa & Lentil Soup**. This one looks and tastes delicious and is suitable for all ages and diets (being Vegan as well). Enjoy the gorgeous flavours and warming spices for winter...

Serving Size: Makes 3 litres or 12 serves

Ingredients:

1 brown onion

2 tablespoons of extra virgin olive oil

1 cup of quinoa (tri-coloured or white)

2 teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon of turmeric

1/2 teaspoon ground pepper

1 zucchini

2 carrots

3 large tomatoes

1-2 chillis (depending on your heat preference)

3 cloves of garlic

700ml Passata (or 2 tins of diced tomatoes)

1 cup dried green lentils

1/2 cup dried chickpeas

2 litres of vegetable stock

1 tablespoon smoked chilli/chipotle sauce (optional)

Method:

Place the oil in a large soup saucepan on medium to high heat. Blitz the onion in a food processor until it is in small chunks (or chop manually if you prefer). Add the onion to the pan and brown for 2-3 minutes.

Add the quinoa and spices (coriander, cumin, pepper and turmeric) to the saucepan to toast for 5 minutes, stirring occasionally.

Meanwhile, blitz the veggies (tomato, chilli, carrot, zucchini and garlic) in a food processor until they are small chunks (or chop manually). Add the veggies to the saucepan and cook for 2-3 minutes more.

Add the passata, lentils, chickpeas and vegetable stock. Add the optional smokey chilli sauce. Bring to the boil and then reduce to simmer.

Cook for 1 - 2 hours or until the beans are soft. Add some more water if needed to thin out your soup.

Serve hot with fresh parsley as a garnish.

Gluten Free | Dairy Free | Refined Sugar Free | Vegetarian | Vegan

To see more from Lyndi visit her website or social pages below.

www.lyndicohen.com

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