

Recipes and Tips



Lentil and Black Bean Soup

4 servings

2 tablespoons extra virgin olive oil
2 carrots diced
2 celery stalks diced
1 yellow onion finely diced
2 garlic cloves minced
2 tablespoons tomato paste
1 teaspoon paprika powder
0.5 teaspoon curry powder
0.5 teaspoon ground cumin
0.5 teaspoon red pepper flakes
salt and pepper to taste

200 g lentils green or brown
1 can black beans drained and rinsed
1.4 l vegetable broth
2 bay leaves
125 g chopped spinach or chard
lemon juice to taste

First, preheat some olive oil in a pot over medium heat. Then add the aromatics and vegetables and sauté until the vegetables start to soften.

Next, add the tomato paste and spices, salt and pepper.

Now add the lentil, black beans, vegetable broth, and bay leaves. Cover the pot and let the soup simmer for 25 minutes until the lentils are tender.

Take out the bay leaves. Partially blend the soup with an immersion blender. Then stir in the spinach, or chard, and let the soup simmer for 1-2 minutes until it softens.

Finish with a squeeze of lemon juice and stir again.