

Lentils, Chickpeas and Spinach soup

By Chetna

- 1 tbsp. oil
- 1 tsp cumin seed
- 1 finely chopped onion
- 1 garlic clove finely chopped
- 1 can tinned chickpeas
- 1 can tinned chopped tomatoes
- 150 grams red lentil
- 800 ml vegetable stock

Add seeds to hot oil and let them sizzle a little bit.

Add finely chopped onion and give a good mix

Let them soften, not color for only about 5 minutes

Add one finely chopped garlic clove

400 grams tinned chickpeas including stock

400 grams tinned chopped tomatoes

150 grams of red lentils

800 ml vegetable stock

Cover and leave for 20 minutes

150 grams of baby spinach leaves, just throw in, give a good mix, cover and cook for 2 3 minutes

Season with salt, pepper,

Sprinkle with ground cumin