

Red lentil, carrots and ginger soup



For 4-5 servings:

150 g red lentils

1 onion, chopped

5 carrots, sliced

3 cm ginger, chopped (or 1 1/2 teaspoon ginger powder)

1 tbsp. tomato paste

1 bay leaf

salt and pepper, to taste

patunjel, finely chopped

lemon

olive oil

Wash the lentils thoroughly and cook them together with the onion, carrots, ginger and the bay leaf, in 1.5 l water .

When the lentils and vegetables are cooked remove the bay leaf than blend it until smooth.

Add the tomato paste, salt and pepper to taste and cook for few minutes longer.

Garnish on the plate with parsley, lemon juice and olive oil, to taste.