

Red lentil creamy soup



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For 6 servings:

1 cup red lentils
1 large onion
1 carrot
1/2 celeriac or 2 stalks celery
2 potatoes
1 bell pepper
2 tomatoes
2 bay leaves
4-5 cloves of garlic
fresh chili / chili flakes (optional)
salt and pepper, to taste

Wash the lentils thoroughly .

Wash the vegetables and cut into medium pieces.

Put everything in a soup pan, add 4 cups of water, cover and simmer on medium heat.



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When the vegetables and lentils are cooked remove the bay leaves then blend until smooth.

Add salt and pepper to taste.

Variation: you can add in the plate some olive oil and / or fresh parsley, finely chopped.