

Spiced red lentil soup



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For 3-4 servings:

200 g red lentils
1 onion, finely chopped
2 carrots, sliced
1 potato, cubed
1 clove of garlic, finely chopped
2 bay leaves
dried chilli flakes / chilli
 $\frac{1}{2}$ teaspoon paprika powder
2 tablespoons tomato paste
1 tablespoon olive oil
salt and pepper

Wash the lentils thoroughly. Place the lentils in a soup-pan with 1 $\frac{1}{2}$ liters water, the bay leaves and the onion. Simmer for 5 minutes then add the carrots and the potatoes.

When the lentils and vegetables are cooked add the paprika powder, chilli flakes to taste, the garlic and the tomato paste. Cook for another 2-3 minutes than add salt and pepper to taste.

Garnish with a little bit of olive oil.