

Lentil, Sweet Potato & Cumin Soup



**Always a firm favourite and so simple to make.
All your favourite herbs mixed and ready to go!**

Ingredients

200g Red Lentils
1 x medium onion
1 x Medium Sweet Potato
1 heaped tsp of Cumin
1 1/2 Litres of Vegetable Stock
2 tbs of Tamari or Soya Sauce
Chilli Garlic & Parsley Fresh Herb Salt to taste (To add individually to preference)

Method

Fry Onion on a low heat with some Olive oil until transparent and slightly golden.
Add the peeled and diced sweet potato and add to the onions giving them a stir to cover with the olive oil and allow to simmer for 5 minutes.
Add the red lentils and mix together.
Add the Cumin and mix together and allow the gently heat to release its aroma.
Pour in the vegetable stock and bring to the boil.
Simmer for 30 minutes or so or in a slow cooker or the Simmering oven of an Aga until required.
.Just before serving add the soya sauce or Tamari.

To serve

Ladle into separate bowls and add a pinch of Chilli garlic & Parsley Fresh Herb Salt to taste - be careful it is quite potent.

Enjoy! did something different! We would love to hear from you!!