



Greek cuisine offers a variety of vegetarian friendly dishes, like fakies, a tomato-based lentil soup. This hearty soup is not only delicious but is an excellent source of B vitamins, iron, magnesium, potassium and zinc. It is also a great source of plant-based protein and fiber, making it a great alternative to meat.

Fakies (Lentil Soup)

Ingredients

4 tbsp olive oil
1 cup roughly chopped carrots
1 cup chopped celery
1 cup chopped onion
3 garlic cloves, sliced
2 cups stock*
2 cups water
2 cups small lentils
1 tbsp tomato paste
1 tbsp salt
Pepper to taste
Additional oil to serve

Instructions

Rinse the lentils with cool water until the liquid is clear. Heat the oil in a pot and cook the vegetables for 5 minutes until soft. Season with salt and pepper. Add the tomato paste and cook with the vegetables for an additional minute. Add the lentils, additional water and stock (*for a vegetarian version use vegetable stock, otherwise chicken stock).

Stir the lentils frequently and simmer until most of the liquid is absorbed. Serve with a drizzle of olive oil.

Makes 4 to 6 servings