



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