



This hearty soup is perfect for those grey, cool days that need you to warm yourself from the inside out. Rich in fibre, magnesium and folate, red lentils help to support a healthy heart and the addition of spices give this soup an ethnic flair.

Red Lentil Soup

Ingredients

2 chicken legs
4 potatoes, cubed
2 cups carrot, chopped
2 cups leeks, sliced
1 cup red pepper, chopped
1/2 cup celery chopped
1/2 cup cherry tomatoes, halved
1 tbsp Kosher salt
1/2 tsp white pepper
1 tsp turmeric
1 tsp coriander
1 cup red lentils
4 cups water
2 tbsp olive oil

Instructions

Heat the oil in a pot and add the carrot, leeks, red pepper, celery and salt and cook until softened (approximately 10 minutes). Add the spices and cook for an additional 2 minutes. Add the chicken legs, tomatoes, water, and lentils and simmer until the liquid is reduced by half (1 to 2 hours). Remove any foam that collects at the top.

Once the liquid is reduced, remove the chicken legs from the liquid and add the cubed potatoes and cook until the potatoes are softened (approximately 10 to 15 minutes). Remove the chicken meat from the bone, shred and return to the soup.

Serves 4 to 6.