



Lentil and spinach soup

Prep time 15 minutes

Cook time 1 hour

Serving 4-6

Ingredients

- 200g (7oz) small brown or green lentils
- 400g (14oz) canned chickpeas, drained
- 2 garlic cloves, smashed *only 1 needed*
- 2 bay leaves
- 2 tbsp olive oil
- 500g (1lb 1½oz) spinach, roughly chopped
- 1 onion, finely chopped
- 2 leeks, chopped *only 1 needed*
- 2 carrots, peeled and diced *only 1 needed*
- 2 celery stalks, finely sliced
- 2 tbsp parsley, roughly chopped
- ¼ of a lemon juice and zest
- 1.5 litres (2 pints 12fl oz) of water

Simmer for 20 minutes until nice and soupy. Add the chickpeas, spinach, salt and pepper, and simmer for a further 10 minutes or longer, adding extra water if necessary. Stir in the parsley and serve in warm soup bowls.

Adjustments

For weight loss and weight maintenance this recipe is fine.

McKenzie's French Style lentils were good.

Method

Rinse the lentils and place in a pot with the crushed garlic cloves, bay leaves and 1.5 litres (2 pints 12fl oz) of cold water. Cook for 30 minutes or until almost tender, skimming occasionally.

Meanwhile, heat the olive oil in a large saucepan. Add the onion, carrot and celery and cook, stirring well, for 10 minutes. Stir well, and then add the lentils and their water.