

Greek Red Lentil Soup

A sublime soup that's a cinch to make. Omit the feta (although I think it's the crowning glory) and this is fine for vegans. The amount of red pepper flakes used here gives a spicy kick – use less, if desired. I used a 1-litre carton of Imagine organic vegetable stock and the same amount of water.

2 tbsp olive oil
1 medium onion, peeled, chopped
8 garlic cloves, chopped
2 carrots, peeled, coarsely chopped
1 tsp coarsely ground black pepper
¼ tsp hot red pepper flakes
2 tbsp chopped fresh or 1 tbsp dried oregano
1 tbsp chopped fresh rosemary or thyme leaves, optional
2 cups red lentils, rinsed, drained
8 cups vegetable stock
3 to 4 tbsp freshly squeezed lemon juice
Kosher salt and freshly ground pepper to taste
1 cup crumbled feta cheese
Chopped fresh parsley

Heat oil in large, heavy-bottomed saucepan over medium heat. Add onion; cook, stirring, about 5 minutes or until soft. Add garlic, carrots, black pepper, hot red pepper flakes, oregano and rosemary; cook, stirring, about 2 minutes more. Add lentils and stock. Bring to boil over high heat; reduce heat to low and simmer, partially, covered, until lentils are soft and falling apart, about 15 to 20 minutes.

Add lemon juice, salt and pepper. Serve hot soup in shallow bowls sprinkled with feta and chopped parsley.

Makes about 6 servings.