More than 1 hour
Serves 4
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Ingredients:

- Glug olive oil
- 1 onion, chopped
- 4 stalks celery, chopped
- 4 medium carrots, sliced
- 2 cloves garlic, finely chopped
- 1 can (400g) chopped tomatoes
- 8 cups (2L) vegetable stock or mushroom stock (see cook’s note)
- 1 PnP bouquet garni (herb and spice parcel)
- 1 cup (200g) dried red lentils
- ½ cup (100g) green split peas
- ½ cup (100g) red and white quinoa
- 1 punnet (100g) sliced PnP shiitake mushrooms.
- Salt and milled pepper
- Dash of balsamic vinegar
- Crusty bread or croutons, for serving

Method

1. Heat olive oil over medium heat.
2. Add onion, celery, and carrots.
3. Sauté for about 15 minutes or until browned.
4. Add garlic and fry for another minute.
5. Pour in chopped tomatoes and vegetable stock or mushroom stock and add bouquet garni.
6. Simmer for 15-20 minutes.
7. Tip in red lentils and green split peas and cook for another 15 minutes.

8. Add red and white quinoa and shiitake mushrooms.
9. Simmer for 15-20 minutes until lentils and quinoa are cooked.
10. Season with salt, pepper, and a dash of balsamic vinegar.
11. Serve warm with crusty bread or croutons, if you like.

COOK'S NOTE

Combine 1 packet PnP dried exotic mushrooms with 2 cups (500ml) boiling water. **Steep** for 20-30 minutes before using stock and soaked mushrooms in your soup, stew or sauce.

Browse more vegetarian recipes here.