

Less than 30 minutes

Serves 6-8

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Ingredients:

- 3 Tbsp (45ml) olive or vegetable oil
- 1 onion, chopped
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, crushed
- 2 Tbsp (30ml) smoked paprika
- 2 tsp (10ml) ground coriander
- 2 tsp (10ml) ground cumin
- 2 Tbsp (30ml) tomato paste
- 1 can (400g) chopped tomatoes
- 2 Tbsp (30ml) balsamic vinegar
- 2 Tbsp (30ml) sugar
- 8 cups (2L) vegetable or chicken stock (or use equal parts water and stock to cut cost)
- Salt and milled pepper
- 1 packet (600g) PnP lentil & barley soup mix

For serving:

- Handful chopped fresh herbs (like coriander or parsley)
- 1 packet (100g) PnP salt & pepper crispy chickpeas
- Feta cheese, crumbled
- French loaf or ciabatta, sliced and toasted

Method:

1. Heat oil in a medium sized pot.
2. Add onion, carrot and celery and fry until soft for about 10 minutes.

3. Add garlic, spices and tomato paste, and fry for 5-8 minutes.
4. Add canned tomatoes, balsamic vinegar, sugar and stock. Season.
5. Simmer soup on low heat for 30-40 minutes with the lid on, stirring halfway through.
6. Add lentil and barley soup mix and simmer for another 10-15 minutes. Season.
7. Ladle into bowls and top with herbs, crispy chickpeas and feta.
8. Serve hot with toasted bread.