



COOKING WITH SAFTA

CATEGORY

SOUPS

LENTIL SOUP

INGREDIENTS

1 or 2 cups lentil
half a cup of rice
garlic
tomato paste
onion
flour
lemon
oil, salt, cumin, black pepper

SAFTA's SECRETS



PREPARATION

In a pot put the oil and garlic, add the tomato sauce, and cook for a minute or two. Add the lentils and about 6-8 cups of water, Salt Cumin, Black Pepper and Chicken powder flavouring and squeeze half a lemon. While the soup is cooking, in a small frying pan put 2 tbs of oil and 1 tbs of flour. Cook it till it is brown and let it cool. Continue to cook the soup for another half an hour then add a quarter of a cup of rice. Cook it for another 20 minutes till it is done. Ladle some soup into the frying pan and whisk it well to make sure there are no lumps. Add it back to the pot, taste and adjust seasoning, salt, black pepper, Cumin and Lemon to your taste.

BON APPETITE!

