



TASTE THE WORLD

LAS CAFETERAS'

SOPA DE LENTEJA - MEXICAN LENTIL SOUP

INGREDIENTS:

2 cups of red lentils
2 onions, chopped
4 celery sticks, chopped
4 carrots, chopped
4 plum tomatoes
(skinned and chopped)
4 baby potatoes, chopped
2 Serrano jalapenos, chopped
5 cups of water
2 garlic cloves
Cumin
Turmeric
Coriander
Olive oil
Salt & Pepper
Fresh lime

INSTRUCTIONS:

1. Add lentils to water, bring to boil and simmer gently till cooked.
2. Meanwhile chop onions, celery, carrots and garlic and fry gently in olive oil until tender.
3. Add chopped tomatoes (skinned and chopped), chopped serrano jalapenos, baby potatoes, half tsp of cumin and turmeric and leave to simmer.
4. Drain the lentils of any excess water and add to the vegetable stew.
5. Simmer gently together and lentils will break down further to help thicken the stew.
6. Finally adjust seasoning and add a squeeze of lime.