

LAMB AND LENTIL SOUP

WITH ROASTED PEPPERS AND A LEMON AND HERB DRIZZLE



PREPARATION: 3 HOURS



SERVINGS: 8

INGREDIENTS

BROTH

2 lamb shanks
1 onion, halved
1 carrot
1 stalk of celery
½ garlic bulb
1 bay leaf
2L (8 cups) water

DRIZZLE

30 ml (2 tbsp.) Chopped fresh mint
30 ml (2 tbsp.) Chopped fresh cilantro
30 ml (2 tbsp.) 'QuickLemon' lemon juice
60 ml (4 tbsp.) Olive oil 'Mueloliva'

SOUP

30 ml (2 tbsp.) Olive oil 'Mueloliva'
1 chopped onion
5 mL (1 tsp.) Ground cumin
5 ml (1 teaspoon) of paprika
2 cloves of minced garlic
2 stalks of celery
2 carrots, diced
60 ml (1/4 cup) tomato paste
1/2 cup (125 ml) roasted 'Melis' peppers, diced
1 jar of 540ml 'Picuezo' lentils, rinsed and drained



INSTRUCTIONS

- 1) Cook all the broth ingredients in a large saucepan over medium / low heat for 2 hours.
- 2) Pass everything through a sieve, keep the broth and boneless the lamb. Store the meat.
- 3) Meanwhile, in a large saucepan over low heat, sweat the onion, spices and vegetables in olive oil for 15 minutes.
- 4) Add the broth and tomato paste and cook for 30 minutes.
- 5) Add the lamb, roasted peppers and lentils and cook for another 30 minutes.
- 6) In a small bowl, mix all the ingredients for the drizzle. Serve the soup with the drizzle.



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