Heart and health warming

Beef and Lentil Vegetable soup

6 servings **15 minutes**

Ingredients

2 ½ tsp ground black pepper
½ tsp ground ginger
½ tsp cinnamon
¼ tsp turmeric
⅛ tsp ground cardamom
a pinch ground clove
a pinch ground nutmeg
1 tsp mixed spice
2 tsp cumin powder
2 tsp paprika
½ tsp salt
1 tbsp olive oil
2 garlic cloves , finely chopped
1 onion , finely chopped
500g lean beef mince
2 cans, drained lentils (Chefs Tip)
2 carrots, cut into 1cm dice
2 celery stalks, chopped into 1cm pieces
2 zucchinis (small, or 1 large), cut into 1cm dice
100g green beans, trimmed, cut into 1.5cm pieces
800g (2 cans) crushed canned tomato
4 cups / 1 litre beef stock
3 cups water

For serving:

Yogurt (plain or Greek)
¼ cup Coriander leaves

Chefs Tip:

Canned lentils to be added 15 minutes into the simmer time – they only need 10 to 15 minutes in the broth (much longer and they will get too mushy).

Method

1. Mix spices in a small bowl.
2. Saute onion & garlic: Heat oil in a large pot over medium high heat. Cook onion and garlic for 3 minutes until golden on the edges.
3. Brown & spice beef: Turn heat up to high, add beef and cook until it's no longer red, breaking it up as you go. Add 2 tablespoons of the Spice Mix and cook it for a further 2 minutes – it will smell so good!
4. Carrot & celery: Add carrot and celery, then stir for 1 minute. (If using your own veg mix, add the veg in this step that will hold up to full 25 min simmer time)
5. Make broth: Add water, beef stock, canned tomato, lentils and remaining Spice Mix too. Give it a stir, bring to simmer, then place lid on and reduce to medium low so it's simmering gently. Lentils will take 25 – 30 minutes to cook until soft. Very old lentils can take 5 – 10 minutes longer.
6. Simmer 15 minutes then add zucchini & green beans.
7. Simmer 10 minutes longer or until lentils are soft (ie. 25 minutes total).
8. Serve! Taste and add more salt if desired. Ladle into bowls and serve with dollop of yogurt and coriander.

Nutritional Information:

ENERGY	(401 kCal) 1675kJ
TOTAL FAT	12 g
PROT	34 g
TOTAL CARBS	42 g
FIBRE	9 g

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