

Lentil Hummus Soup

Makes about 1 L, but it depends on how thick you make the soup.

Ingredients:

- 120 g red lentils
- 375 mL vegetable stock, or to taste
- 50 g tahini (or natural peanut butter)
- 20 g roasted garlic
- 10 g turmeric, freshly grated
- 4 g toasted cumin
- 15 mL lemon juice
- 50 mL olive oil
- sea salt, to taste
- 10 g feta, per serving, for crumbling



Directions:

1. Cook the lentils in the vegetable stock until very soft. Add the tahini, garlic, turmeric, cumin and lemon juice and stir well until the tahini has melted into the soup.
2. Transfer to a glass stick blender container and blend until very smooth, adding more stock if you see necessary. Slowly drizzle in the olive oil as you are blending. Season to taste.
3. Serve hot garnished with crumbled feta cheese.