



THE REAL GREEK

EAT TOGETHER.

Lentil soup



This recipe is what the Ancient Greek diet is all about.



4 servings



60 minutes

INGREDIENTS

- 1 500g Greek lentils
- 2 medium sized onions, sliced in thin wedges
- 1 clove of garlic (optional)
- 2-3 carrots, sliced
- 2 tbsp tomato paste
- 125ml extra virgin olive oil
- 2 dried bay leaves
- 1 tsp dried oregano
- Vinegar
- Salt and pepper

DIRECTIONS

1. Rinse and strain the lentils with cold water in a large colander.
2. Place them in a large pot and add the chopped onion, carrots, tomato paste, bay leaves and garlic if you are using it.
3. Add about 6 cups of water and bring to a boil.
4. Lower the heat to medium, cover, and boil for 30 minutes.
5. Add the olive oil, salt and pepper to taste, the oregano, a dash of vinegar and let boil for a further 30 minutes, or until the soup thickens substantially.
6. When the soup is ready, serve with an extra drizzle of olive oil and sprinkle with lemon juice or vinegar.



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