

## LENTIL AND APRICOT ARMENIAN SOUP



### Food Fact:-

This is one of the simplest and most delicious soups you will ever make and is adapted from an original Cranks recipe.

Lentils are a great, inexpensive source of vegetable protein, minerals and fibre (which regulates your appetite and helps keep you regular).

**Preparation time**      **5 mins**

Serves 4 - 5

**Cooking time**        **15 mins**



### Ingredients

## LENTIL AND APRICOT ARMENIAN SOUP

1. Put potato chunks in a bowl with approx 100ml stock. Cover and cook on FULL POWER for 4-5 minutes or until potatoes are soft.
  2. Add the rest of the ingredients and approx 800ml of the remaining stock. Cover and cook on MED POWER for 8-10 minutes, check that the lentils are cooked.
  3. Blend soup and season; add the remaining stock as needed for preferred thickness.
- 1 Large potato in small chunks
  - 1 Ltr vegetable stock
  - 50gm Red lentils, washed
  - 50gm Dried apricots
  - Juice of half a lemon
  - 1tsp Ground cumin
  - 3tsp Parsley, fresh chopped (or 1tsp dried)
  - Salt and pepper to taste

