



Food for Thought
A Life in Four Courses

Edinburgh Community Food's Best Ever Spicy Chorizo and Kidney Bean Lentil Soup



This recipe was provided by project participant Chris Mantle of Edinburgh Community Food and is both a personal and cooking group favourite.

“Eating is something that unites every single person on the planet. Food not only drives us and gives us energy but allows us to grow; it’s what we’re made out of.”

CHRIS MANTLE, FOOD FOR THOUGHT PARTICIPANT

Ingredients

250g red lentils, washed	1 teaspoon of turmeric
5 tablespoons of oats	1 teaspoon of smoked paprika
1 onion, chopped	¼ teaspoon of cayenne pepper
2 large carrots, chopped	1 litre of fresh vegetable stock
1 medium potato, cubed	½ chorizo, chopped or a packet of lardons
½ leek, sliced, washed	1 tin of kidney beans or chickpeas
A thumb-sized piece of ginger, chopped	1 tablespoon of lemon juice
3-4 cloves garlic, chopped	Handful of fresh coriander, washed and chopped
1 teaspoon of cumin	

Method

Add the lentils, oats, vegetables, ginger, garlic, spices and stock to a pot and bring to the boil.

Simmer for 15-20 minutes, stirring occasionally until the lentils/vegetables are tender. Add water when necessary.

Meanwhile, dry fry chorizo or lardons on a low-medium heat until done.

Remove from the pan and add to soup.

Add kidney beans or chickpeas.

Blend or leave chunky. Stir through the lemon juice and serve sprinkled with coriander. Serve with wholemeal rolls or bread.

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