

Chickpea and lentil vegetable soup

Cuisine: **English**
Food category: **Vegetables**



Author: **Jaroslav Mikoška**


Company: **Retigo**





Program steps


Preheating: 105 °C


1


 Steaming

 Termination by time

 01:00 hh:mm

 90 °C

 50 %



Ingredients - number of portions - 8		
Name	Value	Unit
extra virgin olive oil	50	ml
onion	1	pcs
garlic cloves, finely chopped	4	pcs
ground caraway	20	g
chili powder	15	g
dried ginger	6	g
tomato	1	kg
vegetable broth	2	l
chickpeas	150	g
dried brown lentils	150	g
lemon peel	1	pcs
lime juice	30	ml
Coriander leaves, finely chopped	10	g

- ### Directions
1. Soak the chickpeas and lentils for 6 hours. Drain and rinse.
 2. Soften the onion in a Dutch oven over medium heat and add the garlic, cumin, chili and ginger – cooking for a further minute or so.
 3. Crank up the heat and deglaze with a bit of stock.
 4. Add the ripe peeled, cored and chopped tomatoes, the remaining stock, chickpeas and lentils. Remove as soon as the pot starts showing signs of boiling.
 5. Set the oven on steam at 90°C.
 6. Oven-cook for 60 minutes or until the legumes have softened.
 7. Add the lemon rind, lemon juice and coriander.
 8. Correct the seasoning and add chili.

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	169.7 kJ
Carbohydrate	26.6 g
Fat	1.8 g
Protein	9.9 g
Water	0 g

Recommended accessories



GN container Stainless
steel full