Retigo Combionline | Cookbook | **Vegetables** 12. 4. 2021

# Chickpea and lentil vegetable soup

Cuisine: English

Food category: Vegetables



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### Program steps

Preheating:

105 °C

1



Termination by time









## 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

# 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

#### 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.

## Recommended accessories

