



Vegan Spicy Vegetable, Lentil and Tofu Winter Warmer Soup

Hello lovelies,

I've just made this soup and I had to share it with you as its kinda nice, especially in this cold weather. This soup is low in carbohydrates, full of vitamins, has a low glycemic index meaning it will keep you going for longer as its energy is slow release. It's also a clear soup as its dairy free to its vegan friendly and great if you are on a juice and or soup detox. And finally its cheap and quick to make. What more could you ask for? Serves 6

Ingredients:

2 medium size leeks
4 large carrots
1 red onion
Half an onion
Few sprigs of cauliflower
200 grams firm Tofu
1 mug of dried yellow split peas.
2 cloves garlic
1 heaped dessert spoon of vegetable bullion
1 level dessert spoon of turmeric
1 level dessert spoon of mixed herbs
1 level teaspoon of cayenne pepper
1 level teaspoon of chilli powder
1 table spoon of tomato puree
2 dessert spoons of olive oil.
1.5L water

Method:

Soak the yellow split peas for 10hrs beforehand. If you don't get chance to do this just add about 15mins to their cooking time.

Cook the split peas in a saucepan by bringing them to the boil and then simmer for 40mins.

Whilst the split peas are cooking finely chop all the vegetables and garlic. Then add the onions and garlic to a large saucepan and lightly brown in olive oil.

Now add all the other ingredients including the cooked and washed yellow split peas to the onions and garlic along with 1.5 litres of boiling water.

Leave the soup to simmer for 30mins. Whilst it's simmering dice the tofu and then add the tofu to the soup once it's cooked. You do not need to blend this soup as its much nicer left as it is.

For a super healthy meal team the soup with oatcakes and hummus.

Note: Always wash pulses after soaking. Also wash them after cooking. This help to prevent the abdominal bloating (wind!) that pulses are known for.

Time saving tip: Make extra, pop into tupperware and into the freezer so you have a stock of ready made healthy meals.

Enjoy!