

# Taste the Hills

## Recipes and Tips

### Bethlehem Soup

2 onions, finely chopped	1 lemon ( or 2 sections of chopped preserved lemon, skin only)
5 cloves garlic, finely chopped	
1 tbsp chopped fresh ginger	300g red lentils
1 tbsp ground cumin	1 litre veg stock
1/4 tsp cayenne pepper	Fresh or frozen coriander
Salt	pomegranate seeds
1 x 425g tin of plum tomatoes or	
4 large fresh tomatoes, skinned, Deseeded and chopped.	

Heat a little oil in a large pan and add the onions, garlic and ginger. Cook gently for 5 minutes.

Add the cumin, cayenne and a good pinch of salt. Stir for a minute.

Add the lentils, tomatoes and 4 slices of lemon (or preserved lemon). Add the stock. Stir and simmer with the lid on for about 30 minutes. Add more liquid as desired. Stir in some chopped coriander and top with a slice or two of lemon.

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