

heute gibt es...

New Year's Lentils



Ingredients: (For 8 people)

- 600g Lentils
- 2l water
- 1 Taking Natron
- cast. 600g broccoli and cauliflower (ratio depending on the flavor, florets weighing dressed)
- 2 medium onions
- Optional: 1 handful of smoked bacon
- 1 heaped TL homemade vegetable stock
- 200g chopped canned tomatoes
- Salt and pepper

Preparation:

1. Bring the water to a boil in a large pot and then add the lentils and the pinch of baking soda. In the closed pot over low to medium heat - it should simmer - cook for 20 minutes.
2. Meanwhile peel the onions, clean and small cubes and after the cooking time together with the cleaned broccoli and cauliflower florets (which should be rather small) and the vegetable stock add to the lentils.
If you want bacon to give these also come in here.
3. After 5 minutes, stir in the chopped tomatoes and let it remain in the closed pot simmer until the vegetables are just cooked.
4. Finally yet to taste with salt and pepper and serve warm.

