Soups / Germany

pearled spelt, lentils and courgette soup · Germany

A hearty soup with grain, courgette and cooked pulses, developed as a Germany-inspired variation.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g pearled spelt
- ☐ 500 g courgette
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked lentils
- ☐ 1400 ml low-salt vegetable stock
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the courgette and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the German mustard, caraway seeds, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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