Soups / Italy

Clear soup with lentils and cavolo nero · Italy

A clear broth with drained cooked lentils, cavolo nero and a Italy-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 500 g drained cooked lentils
- ☐ 1300 ml low-salt vegetable stock
- ☐ 2 g dried oregano
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g cavolo nero
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil

Let's make it.

01 Clean the cavolo nero and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the cavolo nero and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the extra virgin olive oil, dried oregano, fresh basil and taste before serving.

AI-developed, not kitchen-tested.

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