Soups / Netherlands

brown rice, lentils and Belgian endive soup · Netherlands

A hearty soup with grain, Belgian endive and cooked pulses, developed as a Netherlands-inspired variation.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g brown rice
- ☐ 500 g Belgian endive
- ☐ 15 g mild mustard
- ☐ 10 g chives
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked lentils
- ☐ 1400 ml low-salt vegetable stock
- ☐ 1 g ground nutmeg
- ☐ 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 Belgian endive and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the Belgian endive 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 mild mustard, ground nutmeg, chives and taste before serving.

AI-developed, not kitchen-tested.

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