

## OLD JOE'S KAIA COUNTRY HAVEN

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# THE SEEDLING

vegan restaurant

## LENTIL AND MUSHROOM SOUP

Cover with cold water, soak for 3 hours, then bring to the boil for 5 minutes. Drain and set aside: *500 g lentils (brown, black or green, NOT red)*

Heat some oil, brown in a large pot and set aside: *250 g brown mushrooms, sliced  
250 g white mushrooms, sliced*

Brown the following in the same pot for a couple of minutes, make sure there is enough oil to absorb all the spices: *2 large onions, finely chopped  
4 cloves garlic, pressed  
20 ml paprika  
20 ml dry coriander  
15 ml fine cumin  
5 ml nutmeg*

Add to the mixture in the pot and stir for another minute or two: *20 ml dried sweet basil  
20 ml dried marjoram  
5 ml dried thyme  
20 ml Robertson's Veggie spice*

Add and cover with boiling water, simmer at very low heat for 1 hour, stirring occasionally: *1 tin Italian tomatoes, chopped  
5 ml salt  
drained cooked lentils*

*Transfer half of the soup mixture to a blender and puree roughly, adding some additional vegetable stock (optional) to the mixture while running. Add the puree, together with the browned mushrooms, to the other half in the pot and bring to the boil.*

*Heat slowly again, cook for 5 minutes, taking care not to burn it!*

*This soup will be sufficient for 10-12 people.  
It also freezes very well.*