



Tomato, chickpea and lentil soup



Apart from sipping on a cup of soup, celebrated architect Johann Slee enjoys staying warm in winter with a nice bottle of red wine (Bobbejaanberg Cabernet Sauvignon 2008 is a firm favourite). He loves this no-nonsense soup recipe by Hanna, a family friend, and notes that it's best served with chunks of fresh bread from De Oude Bank Bakkerij in Stellenbosch. We'd serve it in a bowl by ceramicist Christo Giles (R230).

Ingredients:

- 1 t olive oil
- 1 brown onion, peeled and chopped
- 250g red beans, cooked
- 250g lentils, cooked
- 250g chickpeas, cooked
- 500g tomatoes, peeled and chopped
- 1 carrot, peeled and sliced in pennies
- 2 cloves garlic, chopped
- 2 litres chicken stock
- salt and freshly ground black pepper
- 2 t fresh parsley, chopped

Method:

Heat the olive oil in a large soup pot and lightly brown the onion before adding the beans, lentils and chickpeas. Give the vegetables a minute or two to braise gently in the olive oil before adding the tomatoes and carrot. Add the garlic and the stock and bring to a soft simmer. Boil the soup for about 10 minutes before removing from the heat. Pour half the soup into a food processor and pulse until it completely smooth and creamy. Return to the pot and stir into the rest of the soup. Heat and season before serving with a generous helping of freshly chopped parsley.
NOTE: Use tinned beans, lentils, chickpeas and tomatoes (don't tell the foodies). Add sliced chorizo for variation.