



Recept geschikt voor: 4 personen | **Moeilijkheid:** 🍳 🍳
Vorbereidingstijd: 0 min | **Bereidingstijd:** 0 min | **Totale bereiding:** 0 min

Bertyn producten:

Bron: bertyn.eu | Chef: [Chantal Voets](#) | © Chantal Voets

Bavarian lentil soup recipe with Bertyn Seitan

Ingrediënten

- 1 red onion
- Coconut olive red palm oil (Amanprana)
- 1/2 Veggie Protein Seitan – Spelt Bloc or 1 Veggie Protein Seitan – Spelt Steak
- 250 g brown lentils
- Dried juniper berries
- Mace
- Thyme
- ORAC Botanico-mix spicy (Amanprana)
- Fresh vegetable stock
- 1 bay leaf
- 1 garlic clove

Bereiding

Making a delicious soup out of lentils is child's play!

1. Finely chop the onion and the garlic and soften these in a little coconut-olive-red palm oil.
2. Cut the block of seitan into small pieces and fry until nice and brown.
3. Add the thoroughly washed lentils. Cover with fresh vegetable stock (ca 1 to 1.5 l) and season the soup with a few juniper berries, a pinch of mace, some thyme, a pinch of cayenne pepper, a pinch of sea salt and a bay leaf.
4. Bring this to the boil, turn down the heat and simmer for between 30 and 45 minutes, until the lentils are soft.