

LIVING WELL, EATING WELL - THE RECIPES

Ohood Zedan shows Nutritionist Charlotte Watts how to cook a Syrian Meal

LENTIL SOUP

Soups are wonderful for immune support, as they warm the protective surfaces at the mouth and throat and are easy to digest to fully absorb vitamins, minerals and other nutrients. They can be loaded up with vegetables and spices added to add in extra immune protection. These also support the digestive system, which is a large part of immunity.
This is a wonderfully warming and nourishing soup, containing lentils which are good sources of fibre and protein for immune and digestive health. The onion and garlic provide substances rich in the mineral sulphur, which is key for immune and cleansing liver function. The lemon juice is full of chemicals that support cleansing and help us digest food.

INGREDIENTS

1 cup of lentils
Half an onion
3 cloves of garlic
A squeeze of lemon juice
2 tbs olive oil
Salt and pepper
Fried onions or fried bread and parsley to garnish



METHOD

- Boil the lentils, onion and garlic in 3 cups of water
- Cook for about 30 mins
- Add salt and pepper to taste
- Puree
- Add a squeeze of lemon
- Sprinkle with fried onions or fried bread, and some chopped parsley

See Ohood's Facebook page for more of her dishes: 'I'm Vegetarian'
Charlotte's info here: https://www.charlottewattshealth.com

