

RUSTIC SOUP

Vegan Chef
Gabriele Bonomi



INGREDIENTS:

200g mix of dried
chickpeas, green
peas, lentils, beans
1 small onion
2 tbsp of linseed
2-3 leaves of laurel
2 lt water
Salt & Pepper
½ tsp Cumin
½ tsp Cinnamon
extra virgin oil

DIRECTION:

Soak the beans' mix overnight than wash them again.

Chop the onion and fry it a bit with cumin e cinnamon. Add water, beans, laurel and boil a medium heat for 35-40 minutes.

Adjust with salt and pepper.

You can add extra water or veggie's broth if needed.

Add the linseed and leave to rest at least 15 minutes before serving with a splash of raw oil.

VEGAN BEAR CHEF