



Traffic light category: **Green** Serves: 30

Ingredients

- 4 tablespoons olive oil
- 4 teaspoons cumin powder
- 2 teaspoons paprika
- 2 teaspoons chilli powder
- 8 cloves garlic, crushed
- 4 brown onions, diced
- 6 red capsicums, diced
- 6 carrots, peeled and diced
- 5½ litres water
- 4 tablespoons salt reduced vegetable stock powder
- 4 x 425g tins crushed tomatoes
- 4 x 375g bags red lentils, washed and drained
- 1 bunch kale, washed and chopped into medium sized pieces

Method

1. Heat olive oil in a large stock pot, add cumin, paprika, chilli and garlic, cook for 1 minute or until fragrant
2. Add onion, capsicum and carrots, stir until vegetables start to soften
3. Add water, stock powder, tinned tomatoes and lentils, simmer until lentils have softened
4. Add kale and cook until leaves have wilted.

Recipe adapted with permission from the Western Australian School Canteen Association Inc. Original recipe from John Curtin School of the Art.

Hungry for more?

Contact the Fuel to Go & Play® team
08 9264 4999 | fueltoGo@education.wa.edu.au