

Red onion lentil soup with manchego toasts

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This hearty vegetarian soup is a great mid-week meal. We love the combination of lentils, mustard and fresh thyme. And who doesn't love cheesy toast?

Ingredients

- $\frac{3}{4}$ cup black [lentils](#), soaked overnight
- 5 large red onions (about 750 g)
- 1 tsp fine sea salt
- 1 tsp apple cider vinegar
- 5 bay leaves
- 5 sprigs fresh thyme, plus extra to garnish
- $\frac{1}{2}$ tbsp green anise seeds
- 4 cups vegetable broth
- 2 tsp dijon mustard
- 1–2 tsp cracked black pepper, plus extra
- 1 tbsp arrowroot powder
- 4 slices gluten-free sourdough bread
- 4 slices manchego cheese (or parmesan)
- 1 tbsp coconut oil or ghee

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Method

Rinse and drain the lentils.

Slice the onions into rounds. Heat coconut oil in a large saucepan over medium-low heat, and add the onions and salt, stirring to coat. Cook, stirring occasionally.

When the pan becomes too dry, deglaze with the vinegar. Cook until the onions are completely soft, golden, and caramelised, 20 to 25 minutes, or longer if necessary.

Add bay leaves, thyme, anise seeds, lentils, broth, mustard, and black pepper. Bring to a boil, then reduce the heat and simmer until lentils are tender, 10 to 20 minutes.

Mix the arrowroot with a little water so it becomes a thick paste; then add it to the soup, stirring well to incorporate it.

Preheat the grill.

Put bread on the grill pan, top with a slice of cheese and grill until the cheese is bubbling and golden, four to five minutes.

Ladle the soup into individual bowls and put a piece of cheese-topped toast on top of each serving. Sprinkle some cracked pepper over the top, and scatter a few fresh thyme leaves if desired. Serve piping hot.

Recipe and images from *My New Roots* by [Sarah Britton](#)

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