



A Recipe for... Primordial Lentil Soup



- Mix all the ingredients, apart from the stock, into a large pan over a medium-high heat for a couple of minutes.
- Pour in 2.5 L of vegetable stock and leave it to simmer.
- Cook for 30 minutes and divide into 4 bowls.

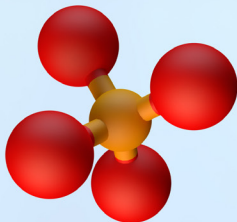
Preparation time: 10 min

Cooking time: 30 min

Ingredients (for 4 portions):

- 170 g dried red lentils
- 4 tbsp tomato puree
- 2 celery sticks, diced
- 4 carrots, diced
- 1 tbsp oregano
- 3 leeks, diced
- 1 tbsp cumin
- 2.5 L vegetable stock
- 4 garlic cloves, chopped

What is... phosphate?



Phosphate, PO_4^{3-} , was formed as phosphorus-containing **minerals** such as schreibersite were eroded and dissolved away by **flowing water**.

PO_4^{3-} is vital to life as we know it, making up the backbone of our DNA and also the head groups of the phospholipid membranes of our cells.

Find out more:



<https://mrc.io/recipe4life>