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
Phosphate, $\text{PO}_4^{3-}$, was formed as phosphorus-containing minerals such as schreibersite were eroded and dissolved away by flowing water.

$\text{PO}_4^{3-}$ 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.

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