

Ingredients

Arayes

1 small onion, roughly chopped

2 cloves garlic

1/2 cup packed parsley

750g minced beef

1 tsp cumin

1 tsp allspice or baharat

1 tsp salt

1/2 tsp pepper

1/4 cup pine nuts, optional

6 pitas

1/3 cup olive oil

Vegetable & Lentil Soup

1/2 c red lentils

1 large onion

2 sticks celery

4 carrots

1/2 butternut pumpkin

1 large sweet potato

3 potatoes

1 stalk dill

Salt

Pepper

2 tablespoons MSG free vegetable Stock powder eg Massel