

OUR RECIPE

TASTY
RECIPE

Lentil Soup

Serves 4

INGREDIENTS

- 10-15ml olive oil
- 1 large onion
- 2 cloves of garlic
- 2 large carrots
- 3 sticks of celery
- 1 tin of chopped tomatoes
- 2 tins of lentils or
200g of soaked lentils
- 750ml vegetable stock



Swap the vegetable stock for chicken stock and add spices of your choice: perhaps coriander, paprika or cumin.

METHOD

1. Finely chop the garlic, carrots, onion and celery.
2. Over medium heat, add the olive oil to a large pot or sauce pan.
3. Add the onions, garlic, carrots and celery to the pan and cook, stirring frequently, for about 4-5 minutes.
4. Add the tin of chopped tomatoes, lentils (remember to drain and rinse the lentils if you have soaked them), vegetable stock, and spices if you wish and stir.
5. Bring to a boil, then simmer for 30 minutes or until the lentils are tender.
6. If desired, add the mixture to a blender to thicken it.

Serving Suggestion - Reduce food waste and use stale bread to make croutons or melba toast.