



Lentil Soup

Serves 4

1 tbsp oil
500g roughly chopped vegetables*
1 ltr chicken or vegetable stock
100g split red lentils
2 tbsp parsley
1 tsp dried mixed herbs
Salt & pepper to taste



1. Heat the oil in a large, heavy saucepan
2. Add the chopped vegetables. Fry gently for a few minutes to soften, stirring from time to time.
3. Add the stock, herbs and lentils
4. Bring to the boil, turn down and simmer gently with a lid on the pan for 20 minutes.
5. Add the parsley, blitz with a stick blender or liquidiser.
6. Taste and add salt and pepper as required.

*Vegetables – almost any vegetables can be used. Carrots, onions, leeks, celery, celeriac, squash, courgette, parsnips, turnip, tomatoes, sweet potato, kale...

Calories per portion	244
Total Fats	3.9g
Saturates	0.5g
Carbohydrates	35.4g
Protein	16.3g
Sodium	58mg
Sugars	8.9g