

Lentil Soup

There are so many ways to make lentil soup. This one has sweet potato and tomato puree which makes a lovely thick soup and gives it a gorgeous orange colour, not to mention adding extra vitamins and minerals. Add more lentils or potato to make it even thicker and more nutritious! Keep it chunky or blitz for a smooth soup!

INGREDIENTS

- 1 tbsp vegetable oil
- 1 leek
- 2 celery sticks
- 2 medium carrots
- 1 medium sweet potato
- 1 litre veg stock
- 150g red lentils
- 2 tbsp tomato puree
- Salt and pepper to taste
- Parsley (optional)



NOTES

Tip:

- Washing vegetables thoroughly and keeping the skin on increases the fibre content of the soup.

Experiment with ingredients.

- Switch leek for white onion
- Use white or sweet potato
- Use ham or chicken stock if you prefer a meaty flavour
- Add herbs and spices
- Add more veg. Try red pepper, garlic, chilli or tomato



Serves 4



Cost per serving: £0.50



Time to make: 40 mins

METHOD

1. Wash the vegetables.
2. Top, tail and dice the leek, celery, carrots and sweet potato or chop into rounds if you're blending the soup.
3. Heat the oil in a pan, add the chopped veg and cook gently for around 10 mins until they start to soften.
4. Add 2 tbsp tomato puree and cook for a further 1 or 2 minutes. (optional - but adds nice colour!)
5. Add the stock and bring to the boil then reduce heat.
6. Rinse lentils, add them to the pot, cover and simmer for around 20 minutes.
7. Remove from the heat and blend with a hand blender for a smooth soup
8. Season with salt and pepper to taste
9. Garnish with chopped parsley and serve with crusty seeded, wholemeal bread.