

Recipe: Lentil soup



Provided by Jasmine Challis, Accredited Sports Dietician

Makes 4-6 portions. Serve with bread. Preparation time around 10-15 mins, cooking time around 45 mins. This is a nutritious soup that is great for lunch at weekends especially in winter. Ideally serve with good fresh wholegrain or multigrain bread.

Serves 2-3

Ingredients

- 1 large potato
- 2 carrots
- 1 small onion
- 6oz/150g dried red lentils
- 1 tablespoon oil
- 1 tablespoon butter/margarine
- 1 vegetable stock cube
- 2 pints/1200ml water
- ½ pint/300ml milk (optional) (soya milk would probably work too though not yet tested)

Equipment

- Sharp knife
- Vegetable peeler
- Chopping board
- Large saucepan with lid.
- Blender/liquidiser – optional
- Wooden spoon
- Kettle with at least 2 pints water in
- Measuring jug

Method

1. Heat kettle. When boiled add 1 pint water to stock cube in measuring jug
2. Peel & chop onion
3. Peel & dice potato & carrots
4. Heat oil & butter in saucepan, add vegetables and cook for about 4-5 minutes, stirring frequently.
5. Add lentils and cook for a further 3-4 minutes stirring regularly.
6. Add stock and 1 further pint boiling water.
7. Simmer soup with lid on for 45 minutes.
8. Add ½ pint milk/soya milk if liked
9. Blend if liked – makes a smoother soup.
10. Serve with bread

Leftover soup can be kept in the fridge for up to 24 hours in a sealed container. Reheat well before serving.