

Lentil soup

(Serves 5)

Ingredients

- 450g Lentils, red, raw
- 1 tsp Oil, Olive, napolini
- 180g Onions, chopped
- 1 Garlic clove, crushed
- 250g Carrots, diced
- 1 x 400g tin Tomatoes, chopped, napolini
- 1 tsp Oregano, dried
- 1 Stock pot, (knorr vegetable)
- 650mls Water
- 2 tsps Red wine vinegar
- 1 Bay leaf
- 1/4 tsp Black pepper
- 1 tsp Tabasco sauce (optional)

Preparation

1. Prepare lentils as per packet instructions.
2. Heat oil in a large pan. Add onions & garlic.
3. Cook gently until onions softened, stirring occasionally.
4. Add carrots, tomatoes & oregano & cook for 3-4 minutes.
5. Prepare stock. Add to pan along with lentils, red wine vinegar, bay leaf & black pepper.
6. Add tabasco sauce if using.
7. Bring to boil. Cover & simmer for approx 45 minutes, stirring occasionally.
8. Remove bay leaf. Whizz through a blender or processor until desired consistency.
9. Put back in pan & re-heat.
10. Serve.

TOP TIP: Buy lentils that don't need to be pre-soaked.

NUTRITIONAL VALUES

PER SERVING

Calories 400

Total Sugars 11.48g

Total Fats 3.75g

Saturated Fats 0.87g

Salt 0.96g

Fruit & Veg 2