

Red Lentil & Vegetable Soup



Ingredients:

- 100g dried Red Lentils
- ½ tin of chopped Tomatoes
- 3 Carrots, chopped into small cubes
- 2 sticks Celery, thinly sliced
- 2 small Onions, thinly sliced
- 1 Bay Leaf
- 2 large Garlic cloves, crushed
- 1 tsp Salt
- 1 tsp ground Coriander
- 1/2tsp Black Pepper
- 1tsp Paprika
- Fresh Coriander to garnish

Method:

- Wash and chop all the vegetables, place them into a large saucepan, add the tomatoes, seasoning and 1½ litres of water.
- Bring to the boil and then cover the saucepan, leaving to simmer on a low heat for 30 mins or until the lentils and veg are cooked through.
- To thicken blend a third of the soup, this gives you a nice thick soup and also the chunky veg consistency.

This soup is not only quick, easy and nutritious, but can also be frozen making it a convenient and healthy meal for those busy days.

Enjoy!