

Lentil Soup

Preparation: 10 minutes / Cooking time: 60 minutes
Serves 4, costs under £2

Ingredients

- vegetable or ham stock (2 litres)
- 150g red lentils
- 6 carrots
- 2 medium sliced leeks (300g)

Method

1. Make up your stock as directed on the packaging.
2. Add the lentils and bring to the boil allowing the lentils to soften for a few minutes.
3. Add the diced carrots and sliced leeks to the lentils. Bring to the boil, then reduce the heat, cover with a lid and gently simmer for 45-60 mins until the lentils have broken down. Season and add dry or fresh parsley.

Allergy Disclaimer: Always check the label of each ingredient for allergen information.



Easy
Peasy
Cook!



Top Tip:
Serve with
wholemeal
crusty bread.