



Spiced Lentil Soup

In the bag:

- Onion
- Garlic
- Celery
- Carrots
- Red lentils
- Spice bag
- Vegetable stock cube/s

You'll also need:

- Chopping board
- Sharp knife
- Grater (optional)
- Medium sized pot with lid
- Wooden spoon
- Blender or stick blender (optional)
- Sieve

- A dash of vegetable oil
- 1 pint (600ml) cold water

Method:

You can finely chop or grate the vegetables for this soup or roughly chop then blend once it's cooked.

- Prepare the vegetables: peel and chop the **onion** and **garlic** and wash and chop or grate the **celery** and **carrots**. Rinse the **lentils**
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft
- Add the **celery** and fry for a minute or two then add the **carrot** for a further two minutes
- Add the **garlic** followed by the **red lentils** and the contents of the **spice bag**
- Sprinkle in the **stock cube** and add 1 pint (600ml) water – mix the soup well
- Turn the heat up and bring the mixture up to a bubble before reducing the heat, covering the pot and cooking for at least 30 minutes – mix occasionally and add a little water if the soup becomes too dry
- If you like a smoother soup then blend
- Top with fresh herbs, season to taste and serve with crusty bread

More about your Spiced Lentil Soup

You can get as adventurous as you like with lentil soup. Try adding other vegetables

- Tomatoes (fresh, tinned or puree)
- Sweet potatoes
- Spinach
- Squash
- Parsnips

You can also add different spices, herbs or flavours

- Paprika
- Fresh coriander
- Lemon juice

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 medium onion
- 2 sticks celery
- 2 small or 1 large carrots
- 2 cloves garlic
- 200g red lentils
- Teaspoon each of coriander, cumin and turmeric
- Vegetable stock cube/s (2 Oxo or 2 Knorr)

Make it in the slow cooker

Just put all the ingredients in the slow cooker and cook on:

- high for 3-4
- low for 5-6

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking