

Hearty Lentil Soup



Serves 6

Prep 15 mins

Cooking 45 mins

Easy

Ingredients

2 tablespoons vegetable oil
2 medium onions, peeled & roughly chopped
2 medium carrots, peeled & roughly chopped
2 celery sticks, finely chopped
1 medium potato, peeled & roughly chopped
2 litres hot vegetable stock
270g split red lentils, rinsed
2x 400g cans tomatoes chopped with juice
salt & freshly ground black pepper
6-8 sprigs fresh parsley, to garnish

1. Heat the vegetable oil in a large saucepan over a medium-low heat. Add the onions, carrots, celery and potato and sauté for 5 minutes, stirring occasionally.
2. Add the vegetable stock, lentils and tomatoes. Season with salt and pepper to taste.
3. Increase the heat to medium-high and bring to the boil. Reduce the heat to low and simmer for 40 minutes. Adjust seasonings, if necessary. If you wish you can whizz the soup in a blender until smooth.
4. Transfer to large, individual soup bowls. Garnish the bowls with parsley sprigs and serve hot. You can swirl over some low-fat yoghurt, if you wish.