



Hearty Vegetable Lentil Soup

SERVINGS: 7

PREPPING TIME: 15 MIN

COOKING TIME: 1 HR

INGREDIENTS

3 Tbsp Olive Oil
1 Large onion, chopped
2 tsp garlic, minced
1 tsp Dried Thyme
2 Large carrots, grated
1 Cup Split Red Lentils, raw
6 Cups Vegetable stock, low sodium
1 Cup Fresh Parsley, chopped
1 Bay Leaf
2 Cups Shredded cabbage
6 oz can of Tomato paste
1 tsp Sugar
1 Tbsp Worcestershire sauce
1 ½ Cups water
Zest of ½ a lemon

DIRECTIONS

1. Heat the oil in a large saucepan on medium heat and add onion, garlic, thyme, carrots. Stir fry for a few minutes then add the remaining ingredients besides the Garnish.
2. Bring to the boil, stir then cover and simmer for 45-50 minutes.
3. Check half way through the cooking process to see if you need to add a little extra water and to give it a stir.
4. For best flavour, leave to cool then reheat before serving.
5. Remove bay leaf and adjust seasoning.
6. Serve with 1 tsp of basil pesto stirred into each serving, sprinkle over chives and add a dash of lemon juice.

NUTRITION

Serving size: 1.5 cups
(per serving) 240 calories, 9g fat, 1.5g saturated fat, <5mg cholesterol, 370mg sodium, 30g carbohydrate, 6g fiber, 8g sugar, 11g protein