

Lentil and Vegetable Soup - Serves 2



Ingredients

1 Onion

1 carrot

1 leek

1 potato

2 celery sticks

1 tbsp olive oil

1 tbsp plain flour

1 tsp stock cube

500ml boiling water

50g red lentils

Method

1. Top and tail the carrot, then peel, dice and wash it.
2. Top and tail the leek, remove the outer layer, then peel, slice and wash it.
3. Peel and cube the potato. Wash the celery, before cutting it into pieces around 2cm in length.
4. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 mins. Stir in the flour and cook for 2 mins.
5. Dissolve the stock powder in boiling water, before adding it to the saucepan and bringing it to the boil.
6. Add the potatoes and red lentils, before putting a lid on the saucepan and allowing all the ingredients to simmer for 30 mins.
7. Serve this hearty soup with crusty bread.