

FOODWORKS

Red Lentil and Vegetable Soup

This lightly spiced soup is both quick to make and packed with goodness. Your choice of vegetables can vary according to the season to make this a highly affordable dish. Lentils, once banished to the arts and crafts section at infant's schools have a delicious earthy and nutty flavour. They also contain high levels of soluble fibre, helping to slow down digestion and stabilising blood sugar levels.



Serves 2

Ingredients

- ½ Onion
- ¼ Sweet potato
- ½ Celery stick
- 1 x small carrot
- ½ Parsnip
- 1 garlic clove
- 50g Red Lentils
- 1 Small handful of chopped Coriander
- 1 tsp Curry powder
- 1 tbs Olive Oil
- 500ml Water



Method

1. Wash all of the vegetables and lentils.
2. Roughly chop all of the vegetables and add to a sauce pan along with the olive oil.
3. Gently sweat off all of the vegetables on a medium – low heat for 10 minutes until nice and softened.
4. Add the curry powder and continue to cook for another 2 minutes.
5. Now add the lentils, followed by the water and bring to the boil. Once boiling reduce to a gentle simmer and cook for roughly 15 minutes or until the lentils and vegetables are nice and soft.
6. To finish add the coriander, season with a little salt and pepper, and then serve chunky or blend for a smooth soup.

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