

Garden Carrot & Lentil Soup

Fat Free Vegetarian Soup, full of Fibre and goodness! Easy to make and very rewarding.

Carrot & Lentil Soup Tips

100g	Onion
200g	Carrots
200g	Red Lentils
2½ Liters Stock	Water with 2 Vegetable Stock Cubes
1 Clove	Garlic
300g	Chopped Tomatoes (Tinned is perfect for this soup)
60g	Tomato Puree
	Fresh Ground Black Pepper

Method

Soak the lentil in cold water for about 20 minutes.

Chop Onions, Carrots & Garlic.

Put stock cube with the water on to heat. Add the Lentils, garlic, Onion and carrots followed by the chopped Tomato and tomato puree.

Stir occasionally and add some pepper.

Reduce the heat and simmer for 20 minutes.

With a blender blitz the soup, return to the heat then re-boil for 4-5 minutes.

Just before service add some more fresh ground pepper.

Brians

Serve with natural yogurt or lime juice.

Crotons always good for soup

Chopped parsley or chives work well sprinkled on top.

You may add bacon to this soup at the start also.

This recipe is fat free, vegetarian (when you use vegetable stock) and contains no gluten !