

Warming Chunky Vegetable & Lentil Soup



But if you prefer it not chunky, blend it

Minutes to Prepare: 25 Minutes to Cook: 35 Number of Servings: 4-6

<p>Ingredients</p> <p>Vegetables:</p> <ul style="list-style-type: none"> • 1 onion • 1 branch celery • 1 clove garlic • 1 carrot • 1 leek • 1 courgette • ¼ red pepper • ½ cabbage • OR for an easier version: use mix frozen vegetables <p>Pulses: <i>Are a good source of proteins, better coupled with carbs</i></p> <ul style="list-style-type: none"> • 200g Green , Brown or Puy lentils (dried)-or one tin lentils <p>Stock or water: 1litre</p>	<p>Herbs spices and seasoning</p> <ul style="list-style-type: none"> • 2cm ginger • 1 cm fresh turmeric (or 1 tsp powder) • 1 teaspoon dried OR 2 sprigs thyme • 1 teaspoon dried OR 2 sprigs rosemary • 1 bay leaf • 1 tablespoon tomato puree • 1 tablespoon cider vinegar • Salt & pepper (to taste) <p>Carbohydrate</p> <ul style="list-style-type: none"> • Unpeeled new potatoes 200grams, OR cooked pasta or rice 100grams (wholemeal) <p>Salsa pesto (optional)</p> <ul style="list-style-type: none"> • Chopped parsley (or basil or any fresh herb you like) +1 crushed clove garlic+ 2 tablespoons olive oil
<p><u>METHOD :</u></p> <ol style="list-style-type: none"> 1. Chop all the vegetables in bite size pieces or use 500gr casserole mix frozen vegetables 2. In a big saucepan, steam fry the chopped vegetables (*) for 5 minutes. 3. Add garlic, ginger, tomato puree and spices if using. 4. If using dried, add the lentils and fry for a further 3 minutes 5. Cover with stock or water and bring to the boil. Lower to a simmer and cook without stirring for 35 minutes or until the vegetables and lentils are cooked 6. If you prefer it not chunky, blend the soup until smooth. 7. Add cooked pasta or rice if using and warm through. 8. Stir in 1 tbsp. vinegar 5 minutes before serving. 9. Mix the salsa ingredients. 10. Serve with a tbsp of the salsa you can also sprinkle parmesan cheese or any cheese (for a vegan version try nutritional yeast)or toasted seeds (omega 3 mix) 	

() How & why “steam fry”: Add the vegetable to the hot pan and add a little water to soften the vegetables instead of oil or butter. When frying with fat at a hot temperature, it releases unhealthy chemicals destroying the good nutrients it may contain. Because fat is good and makes food tasty; it is best to add it towards the end of the cooking as it won’t burn and it will keep most of its goodness.*

6 Servings Amount Per Serving with fresh vegetables and potatoes (approximate)

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- **Calories**190.7 **Total Fat**5.5 g **Sodium**78.6 mg **Potassium**614.2 mg **Total Dietary Fiber**7.2 g
 - **Carbohydrate**29.7 g **Sugars**7.9 g **Protein**7.4 g Good source of Vitamin A, B,C,E & Minerals: Folate, Manganese
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