

Lentil Soup



Ingredients

- 1 tbsp oil
- 1 potato diced
- 4 carrots diced
- 2 onions diced
- 200g lentils
- 2 veg stock cubes
- 1 litre of water
- Salt and pepper to taste

Methods

- 1.** Heat the oil in a pan and fry off the onion and carrot.
- 2.** Add the potatoes, red lentils and stock and stir well.
- 3.** Cover the pot and bring to the boil. Reduce heat and simmer for 15 - 20 minutes.
- 4.** Use a masher or hand blender to make a smooth soup.
- 5.** Season with salt and pepper.