

# Vegetable and Lentil Soup



Prep time: 15 minutes    Cooking time: 25-30 minutes    4-6    12

## Ingredients

- |                                      |   |
|--------------------------------------|---|
| 1 tablespoon sunflower/rapeseed oil  | 200g / 7oz dried lentils  |
| 1 medium onion, chopped finely       | 1 litre / 1 1/4 pints low salt vegetable stock using 1 stock cube |
| 1 clove of garlic, chopped finely    | 1 teaspoon of mustard powder                                      |
| 2 small carrots, peeled and chopped  | Pinch of black pepper   |
| 1 sweet potato peeled and chopped    |   |
| 1 tin / 400g / 14oz chopped tomatoes |   |
| 1 handful / 75g / 3oz dried pasta    |   |



## Method.

- In a large pan heat the oil then add the onion, lightly brown then add garlic
- Add the carrots and sweet potato and cook gently for 5 minutes
- Add the tinned tomatoes and stir. Add the pasta, lentils, stock, mustard powder, black pepper. Bring to the boil
- Once boiling, reduce heat and simmer for 25 – 30 minutes. Stir occasionally and if needed add more water



**Tip!**  
This soup is rich in germ fighting, immune boosting vitamins