

# Vegetable and Lentil Soup

Prep time: 15 minutes

Cooking time: 25-30 minutes



4-6



12



## Ingredients

1 tablespoon sunflower/rapeseed oil  
 1 medium onion, chopped finely  
 1 clove of garlic, chopped finely  
 2 small carrots, peeled and chopped  
 1 sweet potato peeled and chopped  
 1 tin / 400g / 14oz chopped tomatoes  
 1 handful / 75g / 3oz dried pasta

200g / 7oz dried lentils  
 1 litre / 1¾ pints low salt vegetable  
 stock using 1 stock cube  
 1 teaspoon of mustard powder  
 Pinch of black pepper



## 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

