

Lentil Soup

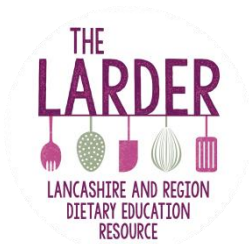
Ingredients

1 large carrot
2 sticks of celery
1 medium sized onion
2 cloves of garlic
1 tablespoon oil
½ teaspoon dried cumin and/or coriander
¼ teaspoon chilli powder and/or 1 teaspoon curry powder
1 mug of red split lentils
Approx. 1 litre water

Makes approximately 4 medium servings

Method

- Wash the vegetables and the lentils
- Prepare the vegetables by peeling and dicing the carrot, slicing the celery, peeling and dicing the onion and peeling and finely chopping the garlic
- Heat the oil in a medium size saucepan
- Add the vegetables and sauté for 5 minutes, stirring
- Add the seasonings and cook for another minute
- Add the lentils and the water
- Bring to the boil and simmer for 10 minutes
- Transfer to the Cooking Bag and leave for 3 hours before serving



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