

Lentil & vegetable soup



Ingredients:

- *2 litres water or vege stock*
- *350 grms red lentils (rinsed)*
- *1 large brown onion chopped*
- *Handful chopped celery leaves*
- *1 heaped tablespoon Jensens seasoning*
- *Approx 6-8 cups mixed veges chopped (broccoli, cauliflower, sweet potatoes, potatoes, carrots, beans, yellow squash, zucchini, brussel sprouts or whatever vegetables you like.*

Method:

1. *Bring water or stock to the boil in large saucepan. Add onion, celery leaves and seasoning.*
2. *Add red lentils and cook at a steady heat for 10 minutes stirring occasionally*
3. *Add all mixed vegetables and cook until tender (approx 20mins)*
4. *When soup is cooled slightly, blend half of the mixture in a blender and then return to saucepan.*
5. *Season to taste*

