



WARMING VEGETABLE & LENTIL SOUP

*A quick and easy soup, packed full
of protein to fill you up*



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Warming Vegetable & Lentil Soup

Ingredients

- 2 carrots
- 1 parsnip
- 1 onion
- 2 cloves of garlic
- ½ a leek
- ½ a turnip
- 500ml vegetable stock
- 1 tsp dried mixed herbs
- 50g red lentils

Method

- Chop up all of the vegetables into equal size pieces (about 1")
- Add all the ingredients to a saucepan and simmer until the vegetables and lentils are soft
- Blitz with a hand blender until smooth, add more water if required

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