

## Seasonal Vegetable and Lentil soup (serves 6)

Any combination of the veg can be used, or substituted with others. A great way to make the most of any old tired vegetables you can find in the bottom of your fridge!

### Ingredients:

- 2 tbs olive oil (or other veg oil)
- 2 cloves garlic - crushed
- 1 med onion – chopped
- Small leek – chopped
- 2 small carrots – chopped
- 1 potato – chopped
- 2 stick celery – chopped
- 1 tin tomatoes
- 100 g red lentils
- 1 veg stock cube
- 1 ½ litres boiling water
- Salt and pepper



### Method:

- Wash the veg and peel if necessary and chop them all finely
- Heat the oil in a large pan and fry the garlic for a short time before adding the chopped vegetables
- Stir fry for 5 minutes or so until they soften a little
- Add the boiling water to a stock cube in a measuring jug until it dissolves
- Add this and the tomatoes to the veg in the pan
- Add the lentils and salt and pepper
- Bring to the boil and then simmer for about 20 mins until the veg are soft
- Take off the heat and use a blender to blitz to a smooth consistency
- Add some chopped parsley or other herb and serve with fresh bread