



## Lentil Soup (Serves 4)

This soup is a hearty but low calorie lunch which is easy to throw together. You can also freeze any leftovers for convenience in the future.

### Ingredients

- 2 vegetable stock cubes (made up to 1750ml with water)
- 150g red lentils
- 5 carrots, peeled and chopped
- 1 large onion or 2 leeks

### Method

1. Add water and stock cubes to large pan and bring to boil.
2. Add lentils, carrots and onion to pan, reduce to a medium heat and cover
3. Leave to simmer for 25-30 mins, until lentils have broken down.
4. Leave as is or blend with a hand blender for a smoother texture

Serve with bread.

### Nutrition

Lentils are a rich source of carbohydrates, protein and fibre. They are also a good plant-based source of Iron. Iron is important for making red blood cells that transports oxygen around the body. Iron also plays an important role in maintaining a healthy immune system.

#### Nutrition per portion - 597g

|                   |             |                 |                |              |                |                |               |
|-------------------|-------------|-----------------|----------------|--------------|----------------|----------------|---------------|
| Energy<br>191kcal | Fat<br>1.8g | Saturates<br>0g | Sugars<br>9.6g | Salt<br>1.7g | Protein<br>23g | Carbs<br>31.6g | Fibre<br>6.5g |
| 10%               | 3%          | 0%              | 11%            | 29%          | 11.3%          | 12%            | -             |

% of an adult's reference intake