



Lentil and Vegetable soup

This soup is nutritious, warming, and easy to make. The following makes ten servings. Why not use some and freeze the rest in small containers so you have a healthy meal to hand when you are short of time?

Ingredients:

- 2 medium sized onions, chopped.
- 1 clove garlic.
- 2-3 carrots, chopped into small pieces.
- 2 celery sticks, chopped into small pieces.
- 1 small leek, roughly chopped.
- 500g split red lentils.
- 250ml can of sweetcorn.
- 2 dessert spoons soy sauce.
- 2 tablespoons of freshly squeezed lemon juice.
- 2 tablespoons of tomato puree.
- 2 table spoons of olive oil.
- A pinch of salt.
- 1 tea spoon of turmeric.
- 1-2 dessert spoons of curry powder.

Method:

Fry the carrots, leeks, celery, onion, garlic in the olive oil and a little water in a large saucepan for ten minutes. Keep stirring and keep the heat medium.

Add the lentils and 2.5 litres of cold water. Also add the turmeric, curry powder and tomato puree.

Bring to boiling and then simmer for 15-20 minutes (or a 5mins less if the lentils have been soaking for an hour).

When the lentils are pale and soft remove three cups of the soup and blend the rest with a hand blender or food processor and then add the three cups of soup back in.

Now add the sweetcorn, soy sauce and lemon juice. Also add to salt and pepper to taste.

For a more filling meal have the soup with some German Rye or Pumpernickel bread or Oat Cakes. All of these have low glycaemic so they release energy slowly, as opposed to white bread which causes a quick elevation and then drop in blood sugar levels and therefore energy.

Tips:

To save cooking time ideally soak to lentils for a couple of hours.

Pulses contain magnesium which can cause bloating for some. To avoid this, rinse the lentils before cooking, especially if they've been soaking. Also add a little salt whilst cooking, or cider vinegar or a little fresh lemon juice. These will help to neutralise the magnesium.

If possible leave the soup for a few hours before re-heating to eat. Waiting will let it settle and to allow the flavours to come out.