


Lentil & Vegetable Soup

 Serves 4

Ingredients

- 1 brown onion
- 1 garlic clove
- 2 carrots
- 2 sticks of celery
- 1 potato
- 1 tablespoon olive oil
- 1 litre vegetable stock
- 1 ½ cups dried red lentils



Method

1. Peel brown onion and garlic clove and finely dice. Set aside.
2. Wash the carrots and celery under cold water and finely dice. Set aside.
3. Dice the potato and set aside.
4. Heat olive oil in a large soup pot over a medium heat.
5. Add the onion and garlic to the pot and cook, stirring, for 1-2 minutes. Add the diced carrot and celery and cook for 5-10 minutes, stirring every 3-4 minutes.
6. Add in the stock, potatoes and red lentils. Stir well to combine then cover with the pot lid and bring to the boil.
7. Reduce heat and simmer with the lid off for approximately 1 hour or until the lentils are soft and cooked through.
8. Allow to cool slightly before serving.

Feeding Kids Tip: *Serve a small amount of a new food to start with. If your child doesn't like it, not much is wasted, and the rest can go in the fridge to try again tomorrow.*