

How to... Lentil Soup

(Serves 2)

1 onion, 2 carrots , 1 medium potato, 80 grams of lentils (6 dessertspoons),
1 dessertspoon of oil, 1 stock (cube any kind) 1 teaspoon of garlic puree,
1 teaspoon of dried parsley or mixed herbs.



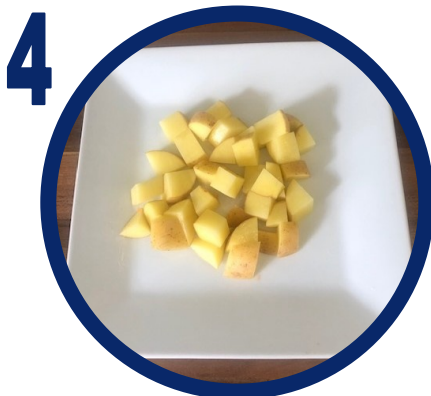
Collect your ingredients for the soup.



Chop onion.



Wash and chop carrot.



Wash and chop potato.



Place lentils in a sieve and rinse under cold running water until the water runs clear.



Add oil to pot and heat, then add onion, garlic and herbs, cook for a few minutes.



Add the rest of the chopped vegetables and rinsed lentils.



Dissolve stock cube in 600ml of boiling water and add to pot.



Cook on a medium heat for 25 minutes or until vegetables are soft.