

Cupboard Lentil Soup

✓ Hob only



Equipment:

- 1 saucepan
- 1 spoon
- Optional: blender

Ingredients for 2 portions:

- ½ mug of dried red lentils
- 1 handful of frozen mixed vegetables/1 tin of vegetables
- 1 vegetable stock cube
- 1 tin of chopped tomatoes
- Optional: Seasonings of your choice e.g. cumin, dried herbs, pepper

Steps:

1. Rinse the lentils in cold water.
2. Heat 1 mug of water in a saucepan and add the stock cube. Once this has dissolved add the dried lentils and the vegetables. Simmer for 10 minutes, stirring occasionally.
3. Add the tinned tomatoes and seasonings and simmer for another 5 minutes or until the lentils are soft.
4. If you have a blender/hand blender you can use this to make the soup a smooth consistency or leave it chunky.
5. Enjoy!

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

Cupboard Lentil Soup

✓ Hob only



Equipment:

- 1 saucepan
- 1 spoon
- Optional: blender

Ingredients for 6 portions:

- 2 mugs of dried red lentils
- 2 handfuls of frozen mixed vegetables/2 tins of vegetables
- 1 vegetable stock cube
- 2 tins of chopped tomatoes
- Optional: Seasonings of your choice e.g. cumin, dried herbs, pepper

Steps:

1. Rinse the lentils in cold water.
2. Heat 3 mugs of water in a saucepan and add the stock cube. Once this has dissolved add the dried lentils and the vegetables. Simmer for 10 minutes, stirring occasionally.
3. Add the tinned tomatoes and seasonings and simmer for another 5 minutes or until the lentils are soft.
4. If you have a blender/hand blender you can use this to make the soup a smooth consistency or leave it chunky.
5. Enjoy!

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- ✓ Gluten-free
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- ✓ Vegan