


# Today's Favourite

## VEGIE LENTIL SOUP

 11 serves of vegies per recipe

### Ingredients

1 onion, chopped	125g red lentils
1 clove garlic, crushed	6 cups chicken stock or water
1 carrot, diced	1 tablespoon tomato paste
1 potato, diced	2 or 3 sprigs parsley, chopped
1 parsnip, peeled and diced	
1 stick celery, diced	

### Method

Saute onion and garlic in a large pot with a little water until onion is translucent. Add carrot, potato, parsnip and celery and cook for a further 5 minutes. Stir in lentils, stock and tomato paste. Bring to the boil, cover and simmer for 30-35 minutes, stirring occasionally. When lentils and vegetables are just cooked, add parsley. Serves 4.

### Hint

One teaspoon of dried herbs may be substituted for fresh herbs.

