

FRESH AND FILLING

VEGETABLE SOUP

You'd be surprised **HOW MUCH SUGAR** CANNED AND READYMADE SOUPS CONTAIN. ONE HOUSEHOLD FAVOURITE HAS UP TO FIVE TEASPOONS!

Why not have a go at making your own? It's souper easy!

You don't need to be a whizz in the kitchen to whip up this recipe.

It's packed full of fresh and **TASTY VEGETABLES** WITH **HEARTY, PROTEIN-RICH LENTILS** to fill up even the hungriest tums. Delicious on a cold winter's day or as a light lunch at the weekend.

INGREDIENTS

200g chopped vegetables (e.g. onions, leeks, carrots, butternut squash)
300g potatoes, diced
1 tbsp. olive oil
Handful of lentils
700ml vegetable stock

METHOD

1. Fry all the veg and potatoes in a pan with the olive oil for a few minutes until they begin to soften.
2. Add lentils and cover with the stock, then simmer for 10 minutes until everything is tender.
3. Blend all together using a hand blender until smooth (can be left chunky rather than blended if preferred).
4. This can be reheated over the hob or in the microwave.

HEALTHY

LOW SUGAR

FREEZE ME

