

Chunky lentil and vegetable soup

Serves: 6

Time

Preparation time 5 minutes

Cooking time 25 minutes

Ingredients

- low-calorie spray oil
- 1 onion, peeled and roughly chopped
- 2 carrots, peeled and roughly chopped
- 1 red pepper, deseeded and chopped
- 400g (1 tin) chopped tomatoes
- 2 chicken or vegetable stock cubes (try to use low-salt) dissolved in 1.25l boiling water
- 100g red lentils
- 1 heaped dessertspoon mild curry powder
- 1 level teaspoon mild chilli powder
- 410g (1 tin) mixed pulses or mixed beans, drained
- 165g (1 small tin) sweetcorn, drained





Chunky lentil and vegetable soup

Method

1. Spray a large heavy bottom saucepan with oil and place over a moderate heat.
2. Add the onion and fry until soft, then add carrots and red pepper and fry for a minute.
3. Pour in chopped tomatoes, stock, lentils, curry and chilli powder. Bring to the boil, then reduce the temperature and simmer for 20 minutes.
4. Tip in the mixed pulses or beans and sweetcorn, simmer for a few minutes to allow them to heat through, then ladle into warm bowls and serve.

Tip

- Delicious, chunky and filling, this soup will keep for up to two days in the fridge, ready to heat when hungry children come home from school.

