



LENTIL SOUP

 15 mins preparation | 20 mins cooking  Serves 4  Vegetarian Friendly



Ingredients

- 1 tbsp canola oil
- 1 medium onion, diced
- 1 tsp minced garlic
- 1 cup red lentils, rinsed
- ½ a sweet potato, peeled and diced (optional)
- 1 tin diced tomatoes (400g)
- 2 tbsp tomato paste
- 3 cups salt-reduced vegetable stock
- Wholemeal bread or pita to serve

Method

1. Heat oil in a large saucepan over a medium heat. Add onion and garlic and cook, stirring occasionally until onion is soft.
2. Add lentils, diced tomatoes, tomato paste, sweet potato and vegetable stock. Stir to combine and bring to the boil.
3. Reduce heat to low. Place the lid on and simmer for 15 minutes, stirring occasionally.
4. After 15 minutes, some of the liquid should have absorbed and the vegetables softened. If not, replace the lid and cook for a further 5 minutes. Add more water or stock if needed.
5. Serve with wholemeal bread or pita.

This recipe has been modified from 'Healthy food for babies and toddlers' Tomato and Lentil soup developed by Illawarra Shoalhaven Local Health District and used with permission.