

All recipes have been provided by our Dietetics Team at GOSH.

Lentil Soup

Ingredients:

- 1-2L vegetable stock
- 150-200g of lentils
- Seasoning of choice, recommend: black pepper, cumin, paprika and chilli powder
- 1-2 red peppers chopped
- 4 carrots chopped
- 1 onion chopped
- Leeks chopped
- 1 Spring onion chopped
- Parsley
- Bread/cracker

Instructions:

1. Heat vegetable stock in a pot to boil.
2. Add in the lentils to boil for a few minutes until softened.
3. Add seasoning of choice. Black pepper, cumin, paprika and chilli powder are recommended.
4. Add in red peppers, carrots, onions, leeks and spring onion to boil. Reduce the heat and cover for 45 minutes.
5. Finish and add some parsley on top.
6. Serve with bread or cracker.