



Lentil Soup

- 100g onions, chopped
 - 2 tbsp olive oil
 - 1 tsp ground cumin
 - 1 tsp ground turmeric
 - 1lt vegetable stock
 - 300g lentils
1. Heat the oil in a large saucepan.
 2. Add the onions and stir around coating them in oil. Turn the heat down and pop a lid on the pan, so the onions soften. This will take around 5-10 mins.
 3. Add the cumin and turmeric and stir the onions until they are coated. Turn the heat up a little and stir around for 2 mins to cook the spices.
 4. Add the lentils and stock, bringing everything to the boil. Put a lid on the pan and simmer for 25 mins or until lentils are soft.
 5. Blender according to the desired consistency

TOP TIPS

You can add in any leftover cooked veg at the end

Lentils are a good source of protein, but you could also add shredded, cooked meat at the end