

CHUNKY VEGETABLE AND LENTIL SOUP

Preparation Time: 15 – 25 minutes depending on the amount

Cooking Time: 90 – 120 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Onion, chopped	½ Medium	1 Medium	1 ½ Medium	2 Medium
Garlic, crushed finely	1 Clove	2 Cloves	3 Cloves	4 Cloves
Celery, chopped with leaves	1 Medium	2 Medium	3 Medium	4 Medium
Leeks, washed and chopped (stems only)	1 Medium	2 Medium	3 Medium	4 Medium
Butternut squash, cut into cubes	½ Cup	1 Cup	1 ½ Cups	2 Cups
Green beans, chopped	¼ Cup	½ Cup	¾ Cup	1 Cup
Vegetable stock, low sodium	½ Cup	1 Cup	1 ½ Cups	2 Cups
Water	½ Cup	1 Cup	1 ½ Cups	2 Cups
Paprika	½ tsp.	1 tsp.	1 ½ tsp.	2 tsp.
Black pepper, ground	To taste	To taste	To taste	To taste
Tomato puree	2 Tbs.	4 Tbs.	6 Tbs.	8 Tbs.
Brown lentils, canned, rinsed, drained	½ Tin	1 Tin	1 ½ Tins	2 Tins
Corn flour, mixed in cold water to form a paste	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Fresh parsley, chopped	To garnish	To garnish	To garnish	To garnish

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Heat the oil in a large pot.
- Add the chopped onion and garlic and stir fry for 3 - 5 minutes.
- Add the remaining vegetables and fry for 5 – 10 minutes.
- Add all the spices, vegetable stock and water and simmer over a low heat for 90 – 120 minutes or until all the vegetables soft and tender. Add the lentils and the corn flour. Allow to thicken and serve.
- Garnish with fresh parsley.

Tips to Reduce Preparation & Cooking Time:

- Use a sharp knife when preparing the vegetables.
- Buy already chopped butternut in order to decrease preparation time.
- Buy already crushed garlic.
- Prepare extra soup and freeze it so that it may be used as a convenient meal at another stage.

Chunky Vegetable Lentil Soup - Analysis per Serving	
Energy:	
Calories (kcal):	228
Protein (g):	7.9
Total Fat (g):	8.8
Saturated Fat (g):	1.2
Monounsaturated Fat (g):	6.0
Polyunsaturated Fat (g):	1.0
Omega-3's (g):	0.2
Cholesterol (mg):	0.0
Carbohydrates (g):	32.1
Of which is sugars (g):	0.0
Fiber (g):	8.5
Sodium (mg):	221.0