Lentil soup

Preparation time

5 minutes

Cooking time

30 minutes

Serves

5

Recipe courtesy of

Lauren Shaw, Accredited Practising Dietitian (APD)



Ingredients Method Nutrition

1 medium onion

2 carrots

3 sticks celery

2 zucchini

2-3 garlic cloves

2 rashers of bacon, fat trimmed

1 chorizo sausage

1 tin lentils

1 tin beans (I used mixed beans, but you could use any type!)

1 tablespoon extra virgin olive oil

1 tin tomatoes OR jar of tomato passata

2 cups of vegetable stock (you can use, liquid, powder or cubes. Make the stock using the liquid drained from your lentils to save waste! Choose a 'no added salt' or 'salt reduced' stock, where possible).

Note: the below additions are not included in the nutrition information panel

* Serving suggestion: fresh lemon, cracked pepper, bread / toast / rolls

* Extra herbs and spices: chilli + oregano + rosemary + thyme

* Vegetarian/vegan: omit the bacon and chorizo

* Add extra vegetables: use leftover roast veg or cooked veg - simply throw these in at the end

* Add some grains: use leftover rice, barley or quinoa to increase the carbohydrate portion of the meal. Or simply serve with wholegrain bread/toast.

1. Chop up your ingredients to suit your preferences – vegetables (onion, carrots, celery, zucchini, onion), garlic and meat (if adding). Smaller pieces may suit younger children (and this can help disguise any extra veggies added, for fussy eaters). Larger
2. Drain the lentils and beans. Keep the liquid from the beans and lentils to use for the stock (e.g. if using stock cubes, or concentrated stock).
3. Heat extra virgin olive oil in a large saucepan. Cook chorizo and bacon until slightly crispy. Sprinkle over any herbs and spices you wish to add, to pack a flavour punch to the soup (alternatively, you can add these later in the cooking process if you li
4. Next, add the onion, garlic and vegetables. Cook, stirring occasionally, for about 10 minutes (or until the vegetables start to soften).

Nutritional information is provided per serve

Engery	1665 kJ (398 calories)
Protein	24g
Saturated Fat	4g
Total Fat	13g
Carbohydrates	38g
Sugars	12g
Dietary Fibre	14g
Sodium	977mg