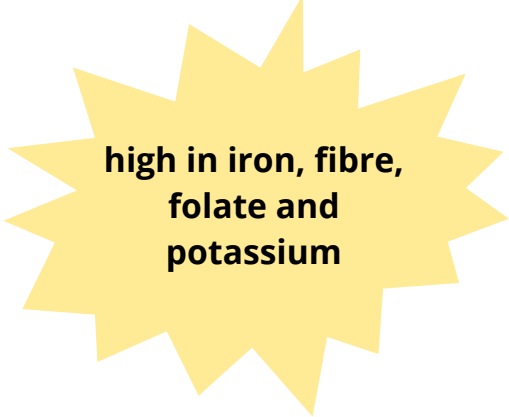# Lentil Soup

Serves 4

Ingredients

1.2l boiling water
2 veg stock cubes
100g red lentils
1 onion
1 celery
2 carrots
1 leek
1 potato

high in iron, fibre, folate and potassium

Method

1. Put the stock cubes in a large pan and add all the water.
2. Add the lentils to the pot and bring to a boil, then turn down to a gentle simmer.
3. Peel and finely chop the onion, leek and celery.
4. Then roughly chop the potato and carrots.
5. Add the vegetables to the stock and season with pepper.
6. Bring back to a boil, cover and simmer for around 30-mins until the lentils have broken down and the veg is soft.
7. Blend until smooth and serve with a slice of wholegrain bread