



Lentil and Vegetable Soup

Ingredients:

- 1 onion
- 1 carrot
- 1 stick celery
- 1 potato
- 1 clove garlic
- 2 table spoons olive oil
- 1 ½ cups red lentils
- 1 litre vegetable stock
- ¼ cup chopped herbs (coriander, parsley)
- ½ cup silverbeet



Steps

- Dice onions, carrot, potato, celery, silverbeet and garlic
- Heat a large saucepan on medium heat, add oil and cook vegetables for about 5 minutes.
- Add lentils and warm chicken stock. Cover and boil for about 20 minutes.
- Add herbs and salt and pepper to taste.