

Caroline's Quick Lentil Soup

I throw together a pot of this soup every few days in the Scottish autumn, winter and spring when my kids are off school. It's a sure-fire way of getting lunchtime goodness into them and is delicious with buttered toast. "Muu-um? Can I have some more?"

Makes: 4 big portions Time: 15 minutes prep. 30 minutes cooking

INGREDIENTS

- 2 tbsp butter or veg oil
- 2 large onions
- 2 large carrots
- 4 sticks of celery, leaves and all
- 250g red lentils
- 2 stock cubes (veg or chicken)



Substitutions

Not enough onions? Try leeks, spring onions or Brussels sprouts.

No celery? Add more carrot or try fennel or cabbage.

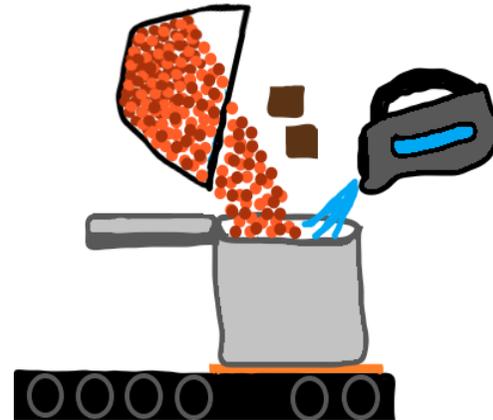
To jazz up your soup, add any odds and ends of veg!

For example:

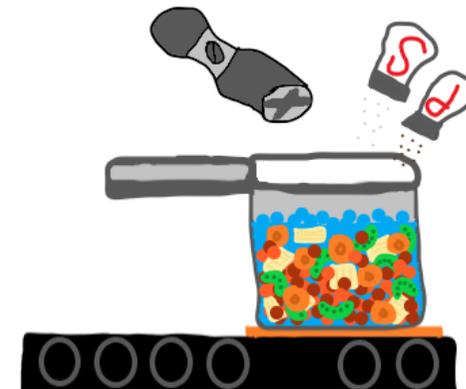
- broccoli or cauliflower leaves or stalks, cut up small
- mushrooms
- turnip, swede or parsnip
- or anything really!
- sweet potato
- courgette

To keep the cooking time short, cut harder veg into small pieces.

© Signpost International SCIO—2021



5. Add the lentils to the pot, drop in the stock cubes and pour in enough-boiling water to just cover the veg. Stir to help the stock cubes dissolve and to mix everything together.

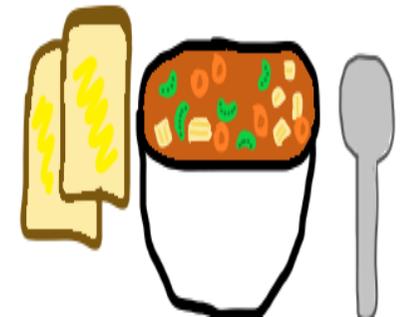


7. Taste the soup and season it with whatever flavors you fancy. It may need a little salt (there is already some from the stock cubes) and you could add pepper, chilli sauce or lemon juice, for example. If you want your soup blended, do that now.

© Signpost International SCIO—2021

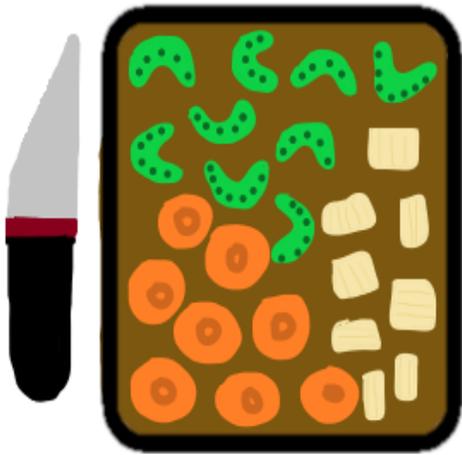


6. Cover the pot and simmer until everything is soft. This should take around 20 minutes. If it starts to bubble over, turn down the heat and move the lid to the side slightly to make a little gap.



8. Serve and enjoy!

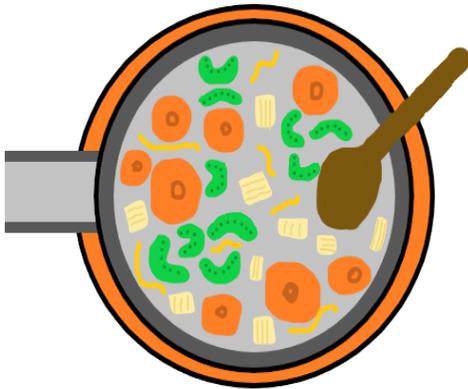
You can keep any leftovers in the fridge for up to 3 days, or freeze portions in tubs for up to 6 months. Don't forget to label and date the tubs :)



1. Chop your veg. I do mine in about 1cm pieces but you choose, depending on how chunky you want your soup. Alternatively, keep things very chunky and blend it once its cooked.



2. Heat the oil in a large pot over a medium heat. When the oil has warmed up, add the chopped veg, including any odds and ends.



3. Stir to coat the veg in oil. Fry gently for about 6-8 minutes. If it gets too hot, remove from the heat or add a splash of water. Watch for any hisses or splashes—stand back!



4. Meanwhile, boil a kettle of water and rinse the lentils by placing them in a bowl and covering them with cold water. Swirl the lentils and pour out the water. Repeat 2 or 3 times, until the water runs clear instead of cloudy.

© Signpost International SCIO—2021

Recipe info

Typical ingredients cost: £1.86

Typical fuel cost: £0.03 gas / £0.14 electric

Caroline is our Food & Health Development Officer at The Roundhouse. She loves easy, experimental cooking and baking, and delights in finding new flavours from simple, good-for-you ingredients.

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!

© Signpost International SCIO—2021

