



Vegetable soup

Ingredients



85g dried red lentils



2 carrots



3 celery sticks



2 small leek



3 potatoes



3 large garlic cloves



2 tablespoon tomato puree



1 tbsp thyme (optional)



2 vegetable stock cubes



1500 mls water



You will also need the following



a peeler



chopping board



knife



a large saucepan



processor or hand blender



spoon



How to make the soup



Wash hands



Using a peeler peel carrots and potatoes



On a chopping board cut all vegetables



Put the vegetables and tomato puree in the pan



Add lentils, thyme and stock to the pan



Pour 1500ml boiling water into the sauce pan



30



Cover the pan and cook for 30 minutes



Using a blender puree the soup .