



# Recipes

## Lentil Vegetable Soup

This soup has been popular in the north-east for generations, I remember visiting my grandmother 'Nana Parker' who always had a pan of lentil broth on the go. In those days people would visit the butchers and buy bacon bones to add to the soup.

You probably all make a variation on this and some people like the soup smooth if you have a blender; personally I like it left as it is to taste the different flavours. This is a traditional warming and nutritious soup made by my grandmother and mother but without the bacon bones! The ingredients can be increased to serve family and friends!

### Ingredients

Serves 2

- 1 cup red split lentils
- 1 onion
- 1 stick celery
- 2 medium carrots (peeled)
- 2 medium potatoes (peeled)
- 1 clove fresh garlic
- Vegetable stock cube
- Tsp tomato puree
- Pinch salt and pepper
- 1.5L water

### Method

1. Rinse the lentils several times; then place in a pan of water to heat.
2. Wash and chop all vegetables into small pieces; add to water.
3. Chop finely or grate garlic and add to water.
4. While soup is simmering, add stock cube, tomato puree, salt and pepper and stir.
5. Simmer for 20-25 minutes (until lentils and vegetables are cooked/soft).
6. Serve with chunky bread.