



Lentil soup

This soup is a favourite at St Paul's and often makes an appearance at our community meals.

Come along and join us on Tuesdays 5.30-6.30pm!



EASY



SERVES 4



TAKES 10 MIN TO MAKE AND 25-30 MIN TO COOK

INGREDIENTS

- 1 medium onion
- 3-4 cloves of garlic
- 4 medium potatoes
- 5 medium carrots
- ½ turnip
- 175g red lentils
- 3 vegetable stock cubes
- 2 liters boiling water*
- A few sprigs of parsley* (optional)
- Salt and pepper to taste*
- 1 tablespoon of oil (sunflower, vegetable or olive)*

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- Potato peeler (optional)
- Large sized pot with lid
- Soup ladle/wooden spoon
- Soup blender (optional)

* = not provided in the soup pack

MEETHOD

1. Remove skin from the onion and garlic and finely chop them. Fry gently in a little bit of oil in the pot over a medium heat for 5 mins.
2. Peel the potatoes, carrots and turnip if desired and chop into small pieces, then add to the pan along with 175g red lentils, 2 litres of boiling water and 3 stock cubes. Stir well until the stock cubes are dissolved.
3. Simmer for 10 minutes, or until potatoes and lentils are soft.
4. Whilst the soup is cooking, finely chop the parsley if using (you can use the stems). When soup is cooked, stir parsley into soup. Blend if preferred. Check seasoning, then serve!
5. If it is too thick you can always add more water.



DIY Dinners is a volunteer led food project aiming to provide the local community of Blackhill and Provanmill with affordable and healthy recipe bags to cook at home every week. We are working with local people to create packs that contain all the raw ingredients needed to make a healthy dish at home along with detailed instructions on how to cook it.

By offering these **DIY Dinners** we hope to inspire and motivate local people to cook for themselves by making cooking easy, cheap and fun! We hope this will help people to continue to make affordable healthy choices throughout the week for themselves and their families.

We've got a huge range of things happening at St Paul's, from our weekly community meals and pizza nights, to chicken keeping, garden sessions and the Veg Barra!

If you'd like to get involved with any of these activities,
please get in touch with Mel on 07516 462236.