




Happy Cooking, Healthy Living



Follow the link for more helpful information:

 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

Vegetable and Lentil Soup

Ingredients (Serves 2)

- 500ml of water (for stock cube)
- 1 onion, chopped
- 3 small potatoes, chopped
- 1 carrot, chopped
- 50g lentils (washed)
- 1 tablespoon oil
- 1 low salt vegetable stock cube

Equipment Needed

- Chopping board
- Sharp knife
- Sieve
- Peeler, if applicable
- Microwaveable container, jug or bowl x2
- Plate or alternative to cover bowl
- Spoon

Tip

Making soup is a great way to use up leftover vegetables. Try experimenting with different vegetables, beans, tins of tomatoes and herbs.



Cook Time
14 minutes

Method

1. Wash, chop and place vegetables into a microwaveable container. Stir in vegetable oil.
2. Microwave on HIGH for 2 minutes.
3. Stir stock cube into 500ml boiling water. Add stock and lentils to vegetables.
4. Cover and microwave on HIGH for 6 minutes.
5. Remove, stir and replace cover.
6. Microwave on HIGH for 6 minutes. Keep checking to ensure the soup does not boil over.

