

Lentil soup

“This recipe is not only healthy, but almost the cheapest and easiest thing you can make, as I’m not one for following formal recipes and I do like to just throw things in a pot and boil them up! For me, second day soup is the best – flavours get the chance to blend more and it is thicker!”

David Wilson - Senior Medical Staffing and Workforce Information Advisor (HR)



Ingredients

- 2 big carrots (or three medium carrots)
- 2 big onions (or three medium onions)
- 1 cup of red lentils
- 2 or 3 stock cubes of your choice – I like to use ham
- 3 pints boiling water (or more if you prefer a less thick soup)
- Oil or butter to fry the onions (my mum always used Stork margarine, and it definitely gives the soup a nicer flavour)
- Black pepper

Method

Chop up and fry the onions over a gentle heat for 10 minutes or so with some black pepper – we don’t want them to burn, just to go translucent. I don’t add salt, as there is enough for my taste in the stock cubes.

Peel (if you want) the carrots before grating them. Add the grated carrot into your big soup pot with the onions and add the stock cubes and boiling water.

Start off with two stock cubes, have a taste and if you think a third is needed, add it.

Add a cup of lentils.

Boil for at least half an hour, preferably an hour and it will be ready.

Once ready, you can blend with a hand blender, but be careful as the soup will be boiling hot.