

Slow cooker lentil soup

Serves 6



Ingredients (allergens in **bold**)

- 325g red lentils
- 3 carrots, scrubbed and grated
- 1 tbsp tomato purée
- 2 onions, finely chopped
- 1 leek, finely sliced
- 1 **vegetable stock cube**
- 1500ml water, boiled in a kettle
- 1 tsp ground spices, e.g. cumin or smoked paprika (optional)
- salt and pepper

Method

1. Rinse the lentils and place in the slow cooker along with the grated carrot, chopped onion, leeks and tomato purée.
2. Add the crumbled stock cube, the boiling water, ground spice if using and a pinch of salt and pepper.
3. Cook on high power for 3-4 hours until the lentils and vegetables are really soft.
4. The soup can be served as it is or blended smooth.
5. Taste and season the soup with more salt and pepper before serving.



Equipment

- sharp knife
- chopping board
- grater
- kettle
- measuring jug
- slow cooker
- wooden spoon
- hand blender (optional)

Recipe notes and tips

- Other seasonal veg can be added if you have them in the fridge, e.g. peppers, **celery**, spinach & butternut squash.
- Once cooked, the soup can be chilled and reheated the next day in a pan or microwave – make sure it is piping hot before serving!
- Serve with fresh bread or toasted croutons made from stale bread.