

# GOLDEN VEGETABLE & GREEN LENTIL SOUP

(Serves 6 people)

## Ingredients:

- 1 tablespoon olive oil
- 1 onion
- 1 garlic clove
- 1 carrot, halved and thinly sliced
- 450 grams young green cabbage, cored, quartered and thinly sliced
- 1 can chopped tomatoes
- ½ teaspoon dried thyme
- 2 bay leaves
- 1.5 litres chicken/vegetable stock
- 200 grams puy lentils
- 450 ml water
- Fresh coriander or parsley to garnish

## Method:

1. Heat the oil in a large saucepan over medium heat, add onion, garlic and carrot and cook for 3-4 minute
2. Stir frequently until the onion starts to soften.
3. Add the cabbage and cook for a further 2 minutes
4. Add tomatoes, thyme and 1 bay leaf, then pour in stock.
5. Bring to the boil and reduce heat to low and cook gently for about 45 minutes until vegetables tender
6. Meanwhile put lentils in another saucepan with the remaining bay leaf and some water.
7. Bring to boil and reduce heat, simmer for about 25 minutes until tender.
8. Drain off water and set aside
9. When the vegetable broth is cooked, allow to cool slightly then blend until smooth
10. Add the cooked lentils and heat for about 10 minutes.
11. Serve with garnish

