



# LENTIL SOUP

## Ingredients:

- Tablespoon of oil
- 1 onion
- 3 carrots
- 2 cups lentils
- 2 ham stock cubes
- 1 litre of water

## Method:

1. Finely chop onion
2. Heat oil in pan and cook onions until soft
3. Peel and slice carrots and add to pan
4. Add lentils
5. Dissolve stock cubes in boiled water
6. Simmer gently for 30 minutes
7. Season with salt and pepper
8. Blend with hand blender (optional)

