



Slow Cooker Spiced Parsnip and Lentil Soup

Serves 4-6

Ingredients:

- 1tbsp vegetable oil
- 1 onion, peeled and chopped
- 1 clove garlic, peeled and grated or 1tsp garlic paste
- 3 medium parsnips, peeled and chopped
- 1l (1.75 pints) freshly boiled water mix with stock cubes (1 - 2 vegetable or chicken stock cubes)
- 50g red lentils (rinse in cold water to remove scum)
- Pinch of black pepper to taste
- 1 - 2tsp mild curry powder
- 1tsp dried chives or parsley

Method:

1. Heat oil in frying pan on a low heat; add garlic (only if using fresh) and onions
2. Cook until soft
3. Stir in curry powder and pepper
4. Add to slow cooker
5. Add the parsnips and lentils
6. Pour over hot stock
7. Cover and cook for 6 - 7 hours on low, until parsnips and lentils are tender
8. Transfer to a bowl and blend (or mash with a potato masher)

