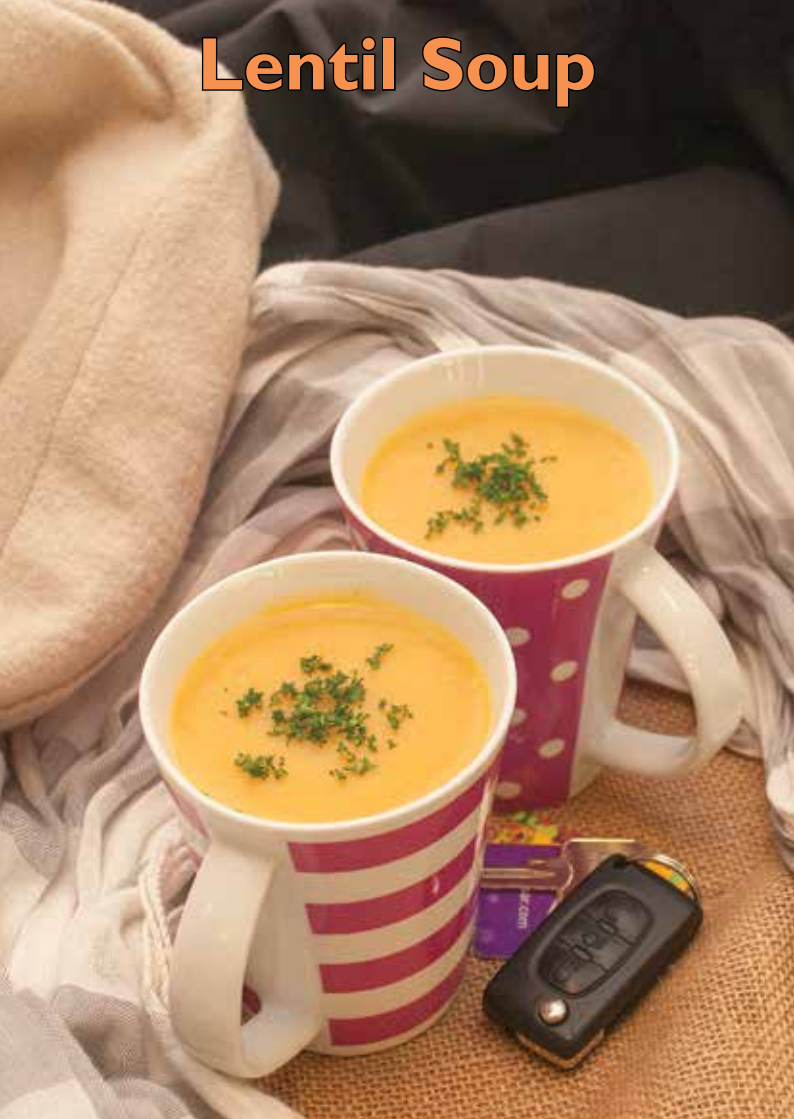


Lentil Soup



Serves 4



Ingredients

100g lentils	Pepper
1 large onion, peeled and diced	2 stock cubes (vegetable or ham)
1 large carrot, peeled and grated	1 litre water
1 large potato	Reduced fat creme fraiche (optional garnish)

Method

1. Rinse lentils in a sieve under cold running water.
2. Place lentils in a large pan. Add water and stock cubes and bring to the boil.
3. Add the vegetables.
4. Heat again until boiling, then simmer for 15 minutes.
5. Taste for seasoning, add creme fraiche if using and serve.

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