



Recipes

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Lentil and Red Pepper Soup

V vegetarian

VE vegan



See reverse for full recipe

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Lentil and Red Pepper Soup

Serves 4

V vegetarian **VE** vegan



Ingredients

- 2 Small (120g) Onions
- 2 (6g) Garlic Cloves or 2 Teaspoons Garlic Puree
- 2 Medium (320g) Carrots
- 2 (320g) Red Peppers
- 2 Tablespoons (20g) Vegetable Oil
- 2 Pints (1L) Water
- 2 (14g) Vegetable Stock Cubes (use reduced salt when possible)
- 18 Level Tablespoons (200g) Red Lentils

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Nutritional Information

Based on a single serving of 418g

Energy
252 kJ
1,063 kJ

Fat
0.6 g

Saturates
36.6 g

Sugar
10.5 g

Salt
1.5 g

Method

1. Peel and chop the onion, garlic and carrots. De-seed and chop the pepper.
2. In a large saucepan, fry the onion, garlic and pepper in oil over a medium heat until soft.
3. Add the carrots, water, stock cubes and lentils and bring to the boil.
4. Simmer for around 45 minutes.
5. Serve hot.

Time Saver Tips

Soup can be made ahead and heated up when you need it for a super easy meal. Why not make double the amount so there's enough to freeze? Let the soup cool before putting in the fridge and use it up within two days, or freeze it for later.

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