



Carrot and Lentil Soup

- 200g Red Lentils
- 4 Large Carrots - peeled roughly chopped
- Onion
- Medium Potato
- Celery Stick - roughly chopped
- 1 tbsp Tomato Puree
- 25g Margarine

Melt the margarine, add the carrots, onions, celery and potatoes, and cook gently for 6-10 minutes, to soften the veg.

Add the lentils mix them together, add the tomato puree adding approx 750ml of water, Bring to the boil and simmer for 20 minutes, liquidize and season.