

Ingredients

Serves 6, 24, 48

	6 SERVES	24 SERVES	48 SERVES
Brown onion	1	4	8
Carrots	3 medium (420g)	12 medium (1.7 kg)	24 medium (3.4 kg)
Celery	2 sticks	1 bunch	2 bunches
Zucchini	1 medium (250g)	4 medium (1 kg)	8 medium (2 kg)
Olive oil	2 tbs	½ cup	1 cup
Garlic, crushed	4 cloves	16 cloves	32 cloves
Chicken stock	1 L	4 L	8 L
Diced tomatoes	800g	3.2 kg	6.4 kg
Dried basil	2 tsp	2 ½ tbs	5 tbs
Dried oregano	½ tsp	2 tsp	2 ½ tbs
Dried thyme	½ tsp	2 tsp	2 ½ tbs
Salt and pepper	To taste		
Brown lentils, tinned	400g	1.6 kg	3.2 kg
Lemon juice	1 tbs	¼ cup	½ cup



Time saving tip: Use a food processor, food chopper or purchase pre-diced vegetables to reduce preparation time.

Method

1. Chop onion, carrots, celery and zucchini into 1-2cm pieces. Set zucchini aside.
2. Heat oil in a large pot, sauté onions, carrot and celery for 5 minutes, add garlic and sauté for a further 5 minutes or until tender (longer time required for large serves).
3. Add stock, tomatoes, herbs and season with salt and pepper. Bring to the boil, reduce heat and simmer for 45-60 minutes, stirring occasionally. Add extra fluid if required.
4. Add brown lentils and zucchini and simmer for a further 15-20 minutes. Stir in lemon juice, remove from heat and serve.

Nutrition, hints and tips

- Chunky homemade soups containing vegetables and a protein source (in this case, brown lentils) can be served as a main dish or a side.
- For normal diets, serve with a bread roll or toast, buttered or spread with basil pesto.
- Try serving with shaved parmesan which will melt into the warm soup.