

# Vegetable and legume soup

Food Foundations

## Ingredients

- 3 x 410g tinned lentils
- 1 x 410g tinned no added salt crushed tomatoes
- 500g diced potato
- 250g diced carrot
- 1 diced onion
- 150g diced celery
- 500g diced pumpkin
- 2 litres salt reduced vegetable stock
- 5 tbsp (100ml) Olive oil
- 20 slices of wholemeal bread

Serves: 20

Prep Time: 20 minutes

Cook Time: 35 minutes



## Method

1. Heat olive oil in pan, sauté onion until clear.
2. Add diced vegetables, drained lentils, tinned no added salt crushed tomatoes and salt reduced vegetable stock.
3. Bring to boil, reduce heat and simmer for 35 minutes or until tender.
4. Additional water maybe added if required.
5. Serve with slice of wholemeal bread.

### Recipe Notes:

Add small wholemeal spiral or penne pasta for a thicker soup  
Meat such as shredded beef, lamb or chicken can be added for variation.  
4 bean mix can be added for extra volume and texture  
Soup can be pureed or served whole

Food Group	Serves per portion
Vegetables	1.4
Fruit	0
Grain foods	1
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	