

Vegetable and Legume Soup

OSHC

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 500g potato, diced
- 250g carrot, diced
- 150g celery, diced
- 500g pumpkin, diced
- 3 x 410g cans lentils, drained
- 410g can no added salt crushed tomatoes
- 2 litres salt reduced vegetable stock
- 20 slices of wholemeal bread or toast

Serves: 20

Prep Time: 10 minutes

Cook Time: 40 minutes



Method

1. Heat the olive oil in a large pot. Sauté the diced onion until clear.
2. Add the diced potato, carrot, celery, pumpkin, drained lentils, no added salt crushed tomatoes and salt reduced vegetable stock.
3. Bring to the boil, then reduce the heat and simmer for 35 minutes or until vegetables are tender.
4. Additional water may be added if required.
5. Serve with a slice of wholemeal bread or toast.

Recipe Notes:

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

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