



Mixed Root, Lentil & Parsley Soup

1 onion chopped
3 cloves of garlic chopped
100g (4oz) red lentils
2 carrots sliced
2 medium potatoes cubed
2 medium parsnips or sweet potatoes
2 sticks of celery chopped
2 tbsp chopped fresh parsley
1.4 litres (3 pints) vegetable stock
2 tbsp olive oil
fresh ground black pepper



1. Gently fry onion, garlic and celery in oil for 5 mins or until soft.
2. Stir in carrots, potatoes and parsnips (or sweet potatoes) and continue to sauté for 3-4 minutes.
3. Stir in lentils and then add stock.
4. Simmer for 20-30 minutes, adding more stock if soup is too thick.
5. Add chopped parsley, season with pepper to taste.

Serves 4 - 6

