

JANUARY 2022 Healthy Living

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FEATURED RECIPE

Winter Vegetable & Lentil Soup



Ingredients

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaping tsp ground coriander

Directions

1. Put all the ingredients into a large pan. Pour over 1½ liters boiling water, then stir well.
2. Cover and leave to simmer for 30 minutes until the vegetables and lentils are tender.
3. Pour into bowls and serve immediately.
Or, if you like a really thick texture, blend a third of the soup with a hand blender or in a food processor.

Recipe yields 2 servings, with 264 calories per serving.