

Tomato & Lentil Soup

Allergens – Celery

Ingredients

| Quantity | Ingredient |
|----------|---|
| 450g | Red Lentils |
| 675g | Carrot (diced) |
| 450g | Onions (chopped) |
| 225g | Turnip (diced) |
| 50g | Vegetable Bouillon Knorr (contains Celery) |
| 4.5 ltr | Water |
| 175g | Tomato Purée |

Method

1. Wash the lentils.
2. Bring the water and bouillon to the boil, add the diced vegetables and tomato purée.
3. Simmer for 1 hour or until the lentils are tender and vegetables cooked.
4. Part liquidize to blend down the chunky vegetables.

Nutritional Content per 200g portion

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 106.5 | = 1.0 | = 0.4 | = 5.0 | = 0.7 | = 18.7 |

Portion size - Primary – 200g

Reviewed April 2019