

# Lentil Soup

Allergens – **Celery**

## Ingredients

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Quantity	Ingredients
600g	Red Lentils (washed)
900g	Carrots (diced)
100g	Turnip (diced)
350g	Onions (diced)
85g	<b>Vegetable Bouillon Knorr</b> (contains <b>Celery</b> )
4 ltr	Water
1g	Ground White Pepper

## Method

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1. Bring the water and bouillon to the boil.
2. Add the lentils and cook for 10 minutes, stirring occasionally.
3. Add the prepared vegetables.
4. Bring to the boil and simmer for 30 minutes or until lentils and vegetables are soft.
5. Liquidise to remove any large chunks.
6. Add the pepper, mix well and bring up to temperature of 75°C.

## Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 130.7	= 1.5	= 0.6	= 4.2	= 1.1	= 22.2

**Portion size** - Primary – 200g

Reviewed May 2019