

## **Homemade vegetable soup with wholemeal bread (makes enough for 4 and can be frozen)**

### **You will need:**

- 1 tbsp of olive oil
- 1.5 litres of low sodium vegetable stock
- 1 large onion
- 1 carrot
- 1 leek
- 100g butternut squash
- 100g pumpkin
- 1 clove garlic
- 160g red lentils (don't buy the ones that need soaking overnight)
- 400g tinned tomatoes
- 1tbsp tomato purée
- 120g walnuts
- 4-5 basil leaves

### **How to make it:**

Heat the olive oil in a large pot or pan.

Chop the vegetables and add them to the pan. Cook until they start to brown, stirring regularly.

Add the lentils and the stock and simmer for 10 minutes.

Add the tomatoes and tomato purée and simmer for a further 10 to 15 minutes.

Purée the soup in a blender (or use a hand blender) or leave as it is for a chunky soup.

Tear the basil leaves and sprinkle on top.

Gently toast the walnuts, break up and sprinkle on top.

Serve with a slice of wholegrain bread.

### **What does this give you?**

- 1 portion protein
- 3 portions vegetables
- 1 portion starchy food
- 1 portion fat

The stats (per serving): 461kcal, 2.3g saturated fat, 11.5g sugar, 5.2g fibre, 18.1g protein, 1.4g salt

Preparation and cooking time: 50 minutes

Approx. cost per serving: less than £2

**Allergens: Contains gluten, tree nuts, celery and possibly soya.**