Lentil Soup  (Serves 4)
This soup is a hearty but low calorie lunch which is easy to throw together. You can also freeze any leftovers for convenience in the future.

Ingredients

- 2 vegetable stock cubes (made up to 1750ml with water)
- 150g red lentils
- 5 carrots, peeled and chopped
- 1 large onion or 2 leeks

Method

1. Add water and stock cubes to large pan and bring to boil.
2. Add lentils, carrots and onion to pan, reduce to a medium heat and cover
3. Leave to simmer for 25-30 mins, until lentils have broken down.
4. Leave as is or blend with a hand blender for a smoother texture

Serve with bread.

Nutrition

Lentils are a rich source of carbohydrates, protein and fibre. They are also a good plant-based source of Iron. Iron is important for making red blood cells that transports oxygen around the body. Iron also plays an important role in maintaining a healthy immune system.

Nutrition per portion - 597g

<table>
<thead>
<tr>
<th></th>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>191kcal</td>
<td>1.8g</td>
<td>0g</td>
<td>9.6g</td>
<td>1.7g</td>
<td>23g</td>
<td>31.6g</td>
<td>6.5g</td>
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<tr>
<td>% of an adult's reference intake</td>
<td>10%</td>
<td>3%</td>
<td>0%</td>
<td>11%</td>
<td>11.3%</td>
<td>12%</td>
<td>-</td>
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</tbody>
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