

Red Lentil and Vegetable Soup



Lentils contain protein, good fats, good carbohydrates and are a great source of fibre. They are also great source of potassium, calcium, iron, and some B vitamins. Vegetables on the other hand help nourish the body with an abundance of vitamins and minerals which it needs to perform the most basic of tasks. Vegetables can prevent coronary heart disease, some forms of cancer and obesity because of their cleansing effect.

Ingredients

- 1 cup of diced carrot
- 1 cup of diced celery
- 1 cup of diced mushrooms
- 1 cup of diced capsicum
- 1 cup of diced zucchini
- 1/2 Red onion
- 2 gloves of garlic
- handful of coriander
- 250g of red lentils
- 1.5L of vegetable stock
- 1 teaspoon of Cumin
- 1 teaspoon of Turmeric
- Few splashes of olive oil (for onion/garlic)

Method

Fry onion, garlic, coriander, cumin and turmeric
Add in all vegetables, red lentils, 1.5L of stock, cumin and turmeric
Bring to the boil then simmer for 20 minutes or so (till the lentils have expanded)
Makes 4-5 serves



For more recipes go to: <http://www.healthyeatingaustralia.com>