



# Lentil and Broccoli Soup

## Ingredients (Serves 4-6)

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- ½ onion (chopped)
- 250g red lentils
- 2 ham stock cubes (to make 2 litres of stock)
- 2 cups of broccoli (chopped to small florets)
- 1 ½ leeks (chopped)
- 4 carrots (peeled and chopped into small pieces)
- tbs cooking oil

## Method

1. Chop the onion, carrots, leek and broccoli
2. Fry the onions in the oil for 2 minutes until softened, then add in the leeks and carrots.
3. Once they are fried add in the stock and lentils.
4. Bring to the boil and simmer for 30 minutes.
5. Add in the broccoli and cook for a further 10 minutes.
6. Then slightly blend with hand blender leaving the soup a bit chunky.

## Top Tip

If you do not have a hand blender, grate the carrots and finely chop the leeks.