

LENTIL SOUP



Prep time: 5 minutes

Cook time: 1 hour

Serves: 6

Nutritional Information:

- Protein: 4.3g
- Fat: 4.2g
- Carbohydrates: 5.5g
- Fibre: 1.8g
- Calories: 76

Ingredients:

- 400g green lentils
- 1 stick of celery, finely diced
- 1 small carrot, peeled and finely diced
- 1 onion, peeled and finely diced
- 1 garlic clove, crushed
- 4 slices of streaky bacon cut into matchstick sized strips
- 1 tbsp olive oil
- 1L chicken stock
- Salt & pepper
- 1 bunch of thyme

Method:

1. Heat the olive oil in a large saucepan and add the bacon and vegetables. Cook, stirring occasionally, until golden.
2. Rinse the lentils under cold water and add to the vegetables.
3. Pour in the stock, quickly bring to the boil, then reduce the heat and simmer for about 45 minutes until the lentils are tender.
4. Season to taste with the salt and pepper and sprinkle with thyme leaves.
5. If you prefer to serve the soup smooth, simply blend it briefly, saving a few spoonfuls of the lentils to garnish.

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