

Vegan veggie & lentil soup



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Preparation 20 mins | Cooking 1 hour 15 mins | Serves 4-6

- 1 tbs olive oil
- 1 leek, trimmed, halved lengthways and thinly sliced
- 1 tsp ground cumin
- 3 garlic cloves, crushed
- 2 carrots, peeled and diced
- 2 celery sticks, thinly sliced
- 400g can lentils, drained and rinsed
- 800g can chopped tomatoes
- 5 cups vegetable stock
- 2 firmly-packed cups chopped kale
- Crusty wholegrain bread, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add leek and cook, stirring often, for 4-5 minutes until tender. Add cumin and garlic and cook, stirring, for 30 seconds until fragrant. Add carrots and celery and cook, stirring often, for 5 minutes.

STEP 2 Add lentils, tomatoes and stock. Stir until combined, cover and bring to the boil. Reduce heat, partially cover and simmer for 45 minutes. Add kale. Cover and simmer for a further 15-20 minutes until thick and vegetables are tender. Season with salt and pepper to taste. Ladle into serving bowls and serve with crusty wholegrain bread.

Good for you... **LEEKS**

A good source of dietary fibre, which helps with normal laxation. Provide vitamin C which helps us absorb iron from food. The green parts of the leek are a source of several members of the carotenoid family, including beta carotene which the body converts to vitamin A.

