

## Vegetable Soup Recipes.

Make soup with children, allow them to prepare their own vegetables ready for cooking.



## Ingredients

- 85g [dried red lentils](#)
- 2 [carrots](#), quartered lengthways then diced
- 3 sticks [celery](#), sliced
- 2 [small leeks](#), sliced
- 2 tbsp tomato purée
- 1 tbsp [fresh thyme](#) leaves
- 3 [large garlic cloves](#), chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

## Method

### • STEP 1

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

### • STEP 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

### • STEP 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a [food processor](#).

## GOES WELL WITH

- [Irish soda bread](#)
- [Rustic bread](#)

