

# BROWN LENTIL & VEGETABLE SOUP



**A NOURISHING & TONIFYING TREAT!**  
GREAT FOR DIABETICS

Brown Lentil & Vegetable Soup

This meal contains a good amount of carbohydrates, proteins and fats and is completely suitable for diabetics. The stewing nature of soups provide a nourishing and tonifying effect on the mind, body and spirit and the combination of warming, cooling, bitter and sweet foods included within the recipe provide for a nice

## METHOD (SERVES 4)

1. Heat oil in a large saucepan over medium-high heat.
2. Add carrots, zucchini, celery and onion.
3. Cook, stirring occasionally, for 10 minutes or until vegetables begin to soften.
4. Add tomatoes and stock to pan.
5. Cover and bring to the boil. Reduce heat to medium-low.
6. Simmer, partially covered, for 15 minutes or until vegetables are soft.
7. Add lentils to soup. Cook for 5 minutes or until heated through.
8. Ladle soup into bowls. and sprinkle with parsley and squeeze lemon juice.
9. Season with freshly ground black pepper. Serve with lemon wedges and bread rolls.
10. Enjoy!



## Ingredients

- 1 tablespoon olive oil
- 2 carrots, peeled, diced
- 2 zucchini, diced
- 2 celery sticks, diced
- 1 brown onion, finely chopped
- 400g can diced tomatoes
- 2 cups salt-reduced vegetable stock
- 400g can brown lentils, rinsed, drained
- 1/2 cup flat-leaf parsley leaves, chopped
- 1 lemon, quartered
- 4 crusty wholegrain rolls

