

Veggie pasta soup

Serves 4

Equipment

Sauce pan, wooden spoon, chopping board, knife, 1.5L jug

Ingredients

100g pasta shapes or spaghetti broken into smaller lengths (around 3cm)

200g dried red lentils

1 tablespoon of vegetable oil

1 onion, finely chopped

1 carrot, thinly sliced

1 pepper, finely chopped



5-8 basil leaves, chopped

400g tin of chopped tomatoes

1 reduced salt stock cube

1.5L water

Method

1. Add the vegetable oil to the pan and gently heat. Once the pan is hot add the chopped onion and cook for 4 minutes until softened.
2. Add the carrot and pepper and cook for a further 2 minutes.
3. Add the basil, tinned tomatoes and increase the heat. Continue to stir the pan until the sauce starts to boil.
4. Add the reduced salt stock cube to the jug and pour in 1.5L of boiling water. Dissolve the stock cube and add the liquid stock to the sauce pan.
5. Add the pasta and lentils to the pan and leave on a simmer for 20-25 minutes.
6. Serve while hot.