

# Lentil Soup



**You will need:**

**Serves: 2-4**



Chopping board and  
knife



Vegetable peeler



Weighing Scales

Or



Measuring Cup



Measuring Jug



Tablespoon

# Lentil Soup



**You will need:**



Wooden Spoon



Sieve



Kettle



Saucepan



Stick blender (optional)

# Lentil Soup



You will need:



1 onion



1 celery stalk



1 carrot



100g or 1/2 cup of dried red lentils



Stock cube



Oil

# Lentil Soup



## Recipe:

1



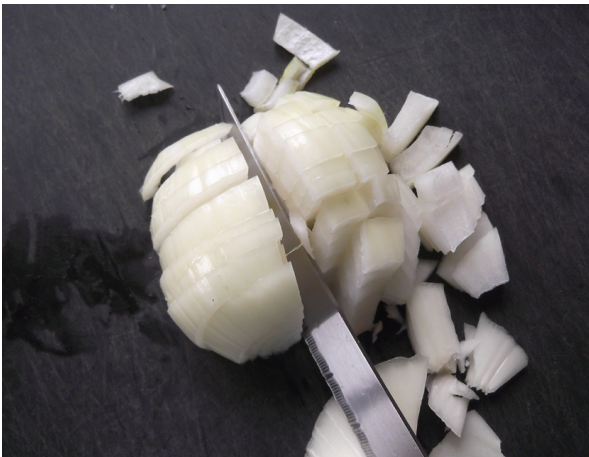
Wash your hands

2



Peel the onion

3



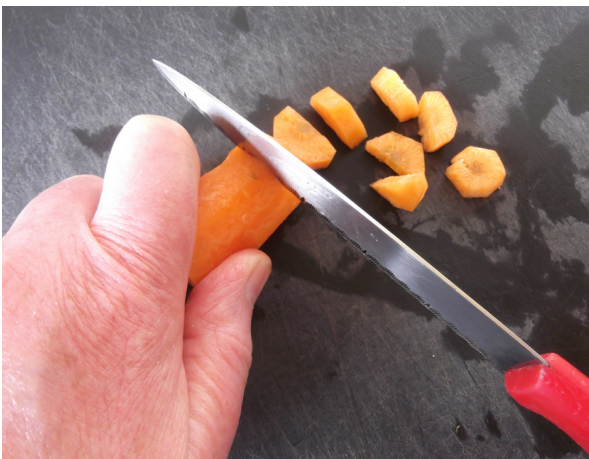
Chop the onion

4



Peel the carrot

5



Chop the carrot

6



Wash the celery

# Lentil Soup



## Recipe:

7



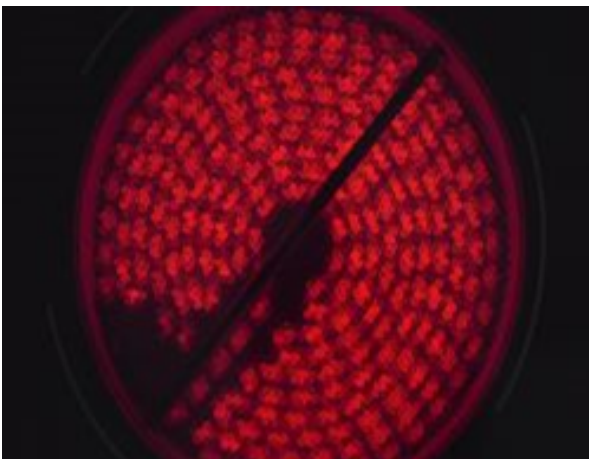
Chop the celery

8



Measure 100g or  
1/2 cup of red lentils

9



Turn the cooker ring to  
high

10



Put 1 tablespoon of oil  
in the pan

11



Add the chopped  
vegetables

12



Stir

# Lentil Soup



## Recipe:

13



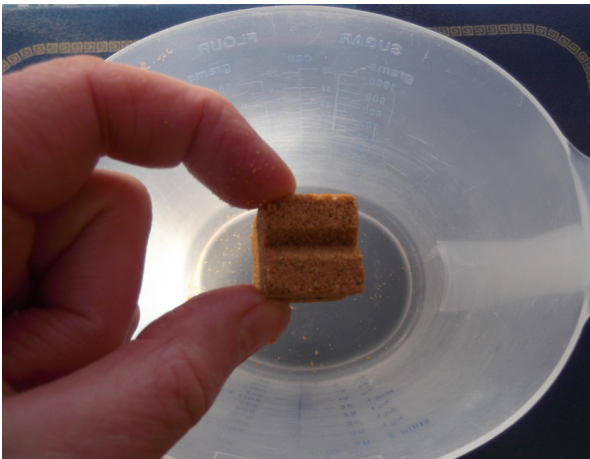
Turn the cooker ring to medium

14



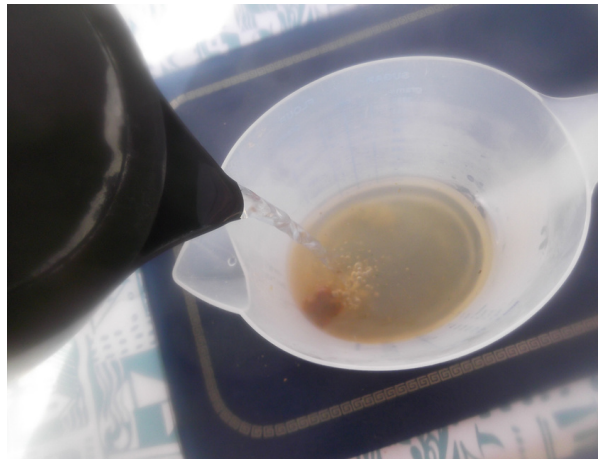
Cover and cook for 5 minutes

15



Put the stock cube in a measuring jug

16



Add 600ml of boiling water

17



Put the lentils in a sieve and rinse

18



Add the lentils to the pan

# Lentil Soup



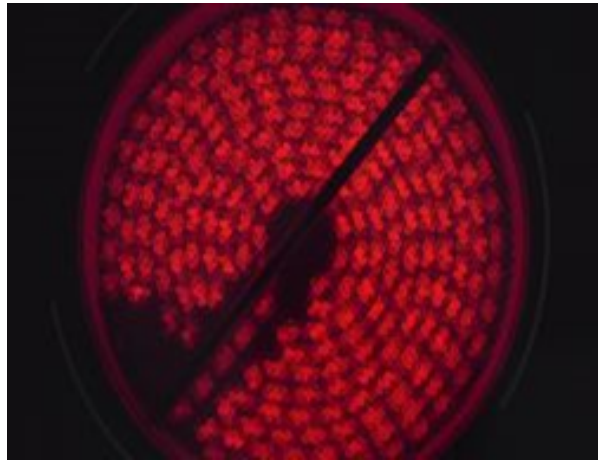
## Recipe:

19



Add the stock to the pan

20



Turn the cooker ring to high

21



Stir and bring to the boil

22



Turn the cooker ring to low

23



Cook for 20 minutes.  
Stir occasionally.

24



Serve

# Lentil Soup



**Optional:**

**25**



Take the pan off the heat

**26**



Blend the soup

**27**



Serve