

Lentil Soup



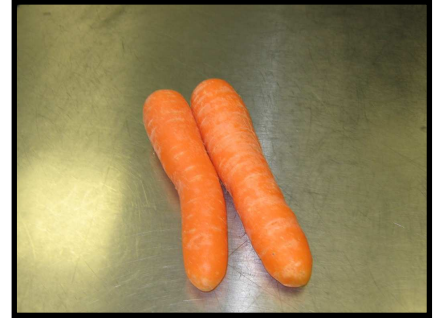
Ingredients



Leek



1 onion



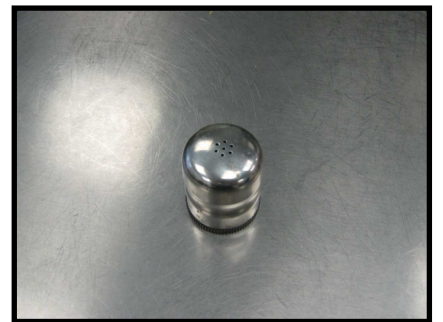
2 carrots



1 small turnip



200gms lentils



½ teaspoon pepper



1 litre vegetable stock

Utensils



Vegetable peeler



knife



Chopping board



Sieve



Teaspoon



Jug



Colander



Pan

Method.



Wash lentils.



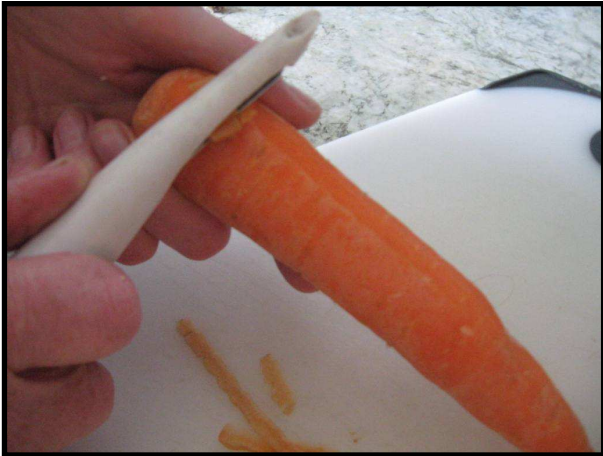
Chop leek.



Wash leek.



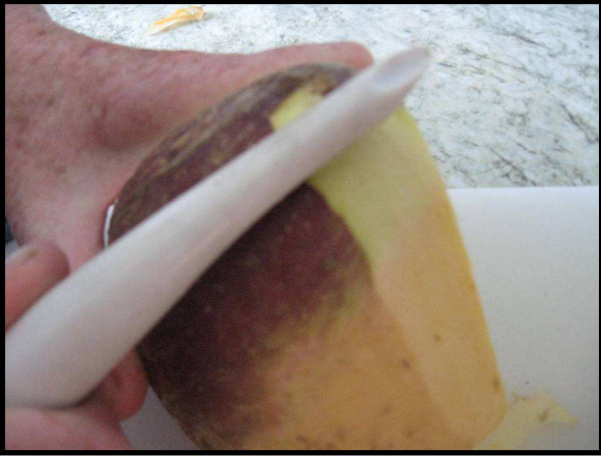
Chop onion.



Peel carrots.



Chop carrots.



Peel turnip.



Chop turnip.



Put chopped vegetables in bowl.



Pour vegetable stock into pan.



Add lentils.



Add vegetables.



Add ½ teaspoon pepper.



Cook for 40 minutes.



Serve in bowl with crusty bread.

Produced by Donna Dawson, Accessible Information Officer,
Equally Well Team, NHS Grampian.
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