

IMMUNE BOOSTING LENTIL AND SWEET POTATO SOUP



Quick, easy and nutritious, this Sweet Potato, Red Lentil and Vegetable Soup is just bursting with flavour from the sweet root vegetables, earthy lentils and spices – perfect for warming you up on a chilly winter’s day. It is jam packed with goodness: giving you a big chunk of your 5 a day, plus a good dose a healthy protein from the lentils and the garlic, and the tumeric and ginger will help to keep those winter colds and viruses at bay.

INGREDIENTS

- 2 tablespoons olive oil and 1 onion diced.
- 1 medium sweet potato cut into 1cm cubes, 3 medium carrots cut into 1cm cubes, 2 small parsnips (or butternut squash/carrots or other root vegetables - I sometimes use broccoli stalks too!) cut into 1cm cubes, 2 bell peppers (I like to use 1 red and 1 yellow), cut into bitesize pieces.
- 2 cloves garlic crushed or grated, 3 cm ginger grated (or 1/2 tsp ground ginger) and 1 teaspoon dried chilli flakes (optional).
- 200 g red lentils.
- 2 litres hot vegetable stock or chicken stock, or water.
- Salt and pepper to taste.

INSTRUCTIONS

- Put the olive oil and onions in a large pan, and cook over a low heat stirring occasionally for 5 mins, until soft.
- Turn the heat to medium and add sweet potato, carrots, parsnips and peppers (or other veg) and cook for a further 3 minutes, stirring.
- Add garlic, ginger and tumeric and cook for 2 mins. Add lentils, stock, and a sprinkle of sea salt/pepper.
- Bring to the boil then reduce to a simmer for 20 minutes, or until soft. Stir occasionally.
- Blend the soup to your preferred texture, and add a little boiling water if it is too thick.
- Serve with wholemeal or gluten free bread and enjoy!