



SLOW COOKER SOUP



INGREDIENTS

- 1 large onion – peeled and sliced thinly
- 2 sticks **celery** – finely chopped
- 3 medium carrots – peeled and finely diced
- 6 new potatoes - washed and finely diced
- 1 pepper – deseeded and sliced
- 3 dessertspoons dried red lentils
- 3 teaspoons tomato puree
- 1¹/₂ teaspoons mixed herbs
- 1¹/₂ teaspoons dried parsley
- 1¹/₂ teaspoons smoked paprika
- 1¹/₂ teaspoons garlic granules (or 1 clove)
- 1 vegetable **stock cube** (low salt)
- 850ml (1¹/₂ pints) hot water
- black pepper

EQUIPMENT

- sharp knife, chopping board
- 3 ltr (large) slow cooker,
- measuring jug, small bowl, teaspoon

SERVES: 4-6

PREP TIME: 15 minutes

ALLERGENS: cereals containing gluten, celery, mustard (in stock)

COOK TIME: 8 hours LOW

METHOD

- 1** Prepare the vegetables and place in the bottom of slow cooker.
- 2** Add the lentils, tomato puree, herbs, paprika, garlic, stock cube and hot water.
- 3** Place the lid on the slow cooker and cook on LOW for 8 hours.
- 4** Once cooked, carefully mix everything together and some wholemeal crusty bread.

HANDY HINTS!

- * Try not to remove the lid of the slow cooker too often, as this will increase the cooking time.
- * Any leftovers can be cooled and refrigerated for up to 2 days, or frozen for up to 1 month.

