

Hearty Lentil Soup

1 Tbsp olive oil
1 large onion, finely diced
1 carrot, peeled and finely chopped
1 celery stalk, finely diced
2 tspns crushed garlic
¼ cup tomato paste
2 tspns paprika (smoked is good)
100g lean bacon, diced and dry-fried (alternatively use lean sausages, cooked and chopped up)
2 ½ litres good chicken stock
800g (2 x standard cans) crushed tomatoes
2 cups brown lentils
2 bay leaves
seasonings to taste
1 Tbsp lemon juice
Chopped fresh coriander to serve

Place oil in heavy bottomed saucepan. Sauté onion, carrot, celery and garlic together for a few minutes until soft. Add all other ingredients except lemon juice and coriander and simmer for about 1-1/2 hours until lentils are cooked. Add lemon juice and coriander just prior to serving.

Health Habits:

- Using lentils as a basis for soup – they are an excellent source of low fat protein as well as being high in fibre and other essential nutrients
- Using minimum fat to brown vegetables and ensuring this is a healthy oil instead of butter
- Including a variety of vegetables for greater of variety of nutrients
- Using lean bacon, not streaky bacon and cooking first to get rid of excess fat (if using sausages, boil first to get rid of fat)