



# Children's Services

## LENTIL SOUP

A healthy Lentil soup, perfect recipe that your little ones will love!

### INGREDIENTS:

1. 40ml (2 tbsp) olive oil
2. 1 large carrot, finely diced
3. 2 celery sticks, finely diced
4. 1 large onion, finely diced
5. 1 garlic clove, chopped
6. 1 tbsp tomato paste
7. 410g can diced tomatoes
8. 200g lentils - soak over night
9. 2 tsp finely chopped fresh rosemary
10. 1L (4 cups) vegetable stock

*\*Optional - Chilli*

### METHOD:

#### Step 1

Heat oil in a large, heavy-based pan. Add carrot, celery, onion and garlic. Cook over very low heat for 5-6 minutes until everything has softened.

#### Step 2

Add the tomato paste and cook for 30 seconds. Add tomatoes, lentils, rosemary and stock and bring to the boil. Reduce heat to low and simmer for 40 minutes until soup has thickened and lentils are soft.

#### Step 3

Serve and enjoy on its own or with bread croutons.

*This recipe has been modified  
from taste.com.au*

### CHILDREN'S SERVICES

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