Vegetable and Lentil Soup

Ingredients

300g Potatoes

2 Carrots

2 Leeks

2 Celery Stick

1 Onion

2 cloves of garlic

Any Vegetables you have lying around

2 Vegetable stock cubes

600ml boiling water

85g lentils

Cooking oil

Utensils

Chopping board

Peeler

Knife

Saucepan

Wooden spoon

Garlic press

Masher

Method

Peel and dice the potatoes and carrots. (Potatoes – cut in half lengthways, lay on their side and cut in half again, then cube. Carrots - top and tail and then slice lengthways, then cut into thin slices).

Remove one leaf from the leek, slice the hairy end off and then slice down the middle lengthways (from the dark green to the lighter green) leaving about 2 inches of the leek uncut at the dark green end. Rotate and then slice again so you have cut it lengthways into four. Then slice widthways thinly. Wash the celery and then top and tail, then slice thinly.

Chop one end off the onion and peel. Cut in half length ways. Slice the onion very thinly lengthways leaving about 2cm uncut at the top end. Then slice widthways to make small diced pieces. Cut both ends off the garlic, then peel and use the garlic crusher.

Crumble the stock cubes into a jug and add 100 ml boiling water. Stir until dissolved. Add another 500ml, stirring thoroughly.

Put one teaspoon oil in the pan and gently cook the onions until they soften. Add the garlic, potato, carrot and celery and cook for another 5 minutes, making sure they don't stick to the bottom of the pan or burn.

Add the stock, lentil and any leftover vegetables and cook for 20 minutes.

Mash or blend if you have a blender.

Cook for a further 5 minutes. Serve.