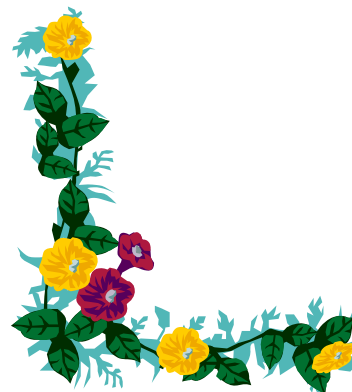


# Cookmore Classes

Managed by The Lanarkshire Community Food and Health Partnership, which is a registered charity supporting communities across north lanarkshire to improve their health through better access to affordable healthy food.



*Chunky  
vegetable and  
Lentil soup  
Serves 4*



# Chunky vegetable and lentil soup

## Method

### What you will need:

- 1litre chicken/ham or vegetable stock (made from water and stock concentrate)
- 200g (2 cup) of lentils
- 4 carrots, diced
- 1 onion, diced
- 1 leek, diced
- 1lb of potatoes, peeled and diced
- Parsley, chopped

- ❖ Chopping board
- ❖ A sharp knife
- ❖ A large pot
- ❖ Ladel

1. Peel and wash all the vegetables. Chop the carrots, onions, Leek and potatoes into small pieces (diced).
2. Place all the vegetables and lentils into a large pot. Add the chicken/ham or vegetable stock and season.
3. Boil steadily for 1hour and garnish with parsley just before serving.