



Ingredients

- ▲ 1 onion, chopped
- ▲ 1 clove garlic, crushed
- ▲ 1 carrot, diced
- ▲ 1 potato, diced
- ▲ 1 parsnips, peeled and diced
- ▲ 1 stick celery, diced
- ▲ 125 g red lentils
- ▲ 6 cups chicken stock or water
- ▲ 1 tbs no-added-salt tomato paste
- ▲ 3 sprigs parsley, chopped

Method

1. Saute onion and garlic in a large pot with a little water until onion is translucent.
2. Add carrot, potato, parsnip and celery and cook for a further 5 minutes.
3. Stir in lentils, stock and tomato paste. Bring to the boil, cover and simmer for 30-35 minutes, stirring occasionally.
4. When lentils and vegetables are just cooked, add parsley.

Hint

One teaspoon of dried herbs may be substituted for fresh herbs.

Recipe from Healthy Food Fast © State of Western Australia, 2012. Reproduced with permission.

Nutrition Information

	per serving	per 100g
Energy	620 kJ	108 kJ
	148 Cal	26 Cal
Protein	9.1 g	1.6 g
Fat, total	2 g	0.4 g
— saturated	0.5 g	0.1 g
Carbohydrate	20.5 g	3.6 g
— sugars	5.7 g	1 g
Sodium	1567 mg	273.5 mg
Fibre	6.3 g	1.1 g