

# Hearty Lentil & Vegetable Soup

## Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 courgette (zucchini), diced
- 1 medium potato, peeled and diced
- 1 tin (400g) chopped tomatoes
- 150g dried lentils (red or green), rinsed
- 1.2L vegetable stock
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 bay leaf
- ½ tsp smoked paprika (optional)
- Salt & black pepper, to taste
- 100g fresh spinach or kale, chopped
- 1 tbsp fresh parsley, chopped (for garnish)
- Juice of ½ a lemon (optional, for brightness)



## Directions

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion, garlic, carrot, and celery. Sauté for 5 minutes until softened.
3. Stir in the courgette, potato, chopped tomatoes, lentils, vegetable stock, oregano, cumin, smoked paprika, bay leaf, salt, and black pepper.
4. Bring to a boil, then reduce the heat and simmer for 25–30 minutes until the lentils and vegetables are tender.
5. Stir in the spinach or kale and cook for 2–3 minutes until wilted.
6. Add a squeeze of lemon juice for extra flavour.
7. Remove the bay leaf and ladle into bowls.
8. Garnish with fresh parsley and serve with crusty bread.