

Easy Peasy Slow Cooker Soup

Ingredients

Serves: 4

- 1.5L water
- 2 stock cubes
- 170g to 250g red lentils, rinsed
- 2 potatoes, peeled and chopped
- 2 to 3 carrots, peeled and chopped
- 1/2 turnip or swede, peeled and chopped
- 1 onion, chopped (optional)
- salt and pepper, to taste



Method

1. Preheat the slow cooker to Low then add 1.5L boiling water followed by the stock cubes. Stir to dissolve.
2. Add the lentils, and vegetables and give a good stir. Season and cook on Low for 8 hours until the lentils and vegetables are tender. If desired, use a handheld liquidiser to puree the soup to make it smooth or enjoy it chunky. Serve in warmed bowls and enjoy with some crusty rolls.

Tip

You can buy pre chopped bags of carrots and swede to save time.