

Slow and Hearty Soup

If you have high cholesterol, then this is the soup for you! It is a fat free, hearty soup guaranteed to fill you up. Lentils, pearl barley, garlic and vegetables are heart friendly and the addition of pork makes it an all round meal in a bowl.

Ingredients

Serves: 6

- 200g brown lentils
- 100g pearl barley
- 1 chopped carrot
- 2 chopped sticks of celery
- 1 chopped onion
- 100g chopped cabbage
- 1 cube of frozen spinach
- 6 cloves minced garlic
- 450g cubed pork
- 1 bay leaf
- 1/2 tsp dried oregano
- 1/4 tsp thyme
- 750ml chicken stock
- 750ml - 1L water
- 400g tin chopped tomatoes
- 2 tbsp tomato puree
- salt/pepper to taste



To serve

- 1 tbsp apple cider vinegar per serving (optional)
- Grated parmesan cheese (optional)

Method

1. Submerge lentils under water to remove impurities that will rise to the surface, rinse and drain.
2. Add lentils to the slow cooker with all the other ingredients in the order listed. Stir and cook on high for 6-7 hours. If necessary, add 250 to 500ml of extra water to achieve desired consistency.
3. Remove the bay leaf before serving. It may sound strange but mixing a tablespoon of apple cider vinegar through your soup gives it a tangy zing! Alternatively you could simply top it with grated parmesan cheese.

