

Monthly Menu Choices

New Years' Soup

I cannot remember a year when we didn't have this soup and a long bracing walk on New Years' Day – of course you can have it any time – it's simple, economical, nutritious and delicious.

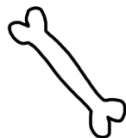
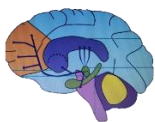
New Years' Soup

350g Red lentils rinsed
2 leeks washed and chopped
6 potatoes peeled and chopped
2 sudee peeled and chopped
6 carrots peeled and chopped
3 sticks celery diced
5 bay leaves (remember to remove)
Veg stock/veg bouillon to cover ingredients in a large pan

1. In a very large pan add all of the washed/peeled and chopped veg
2. Cover with the stock made with boiling water, bring to the boil then reduce to a simmer
3. Wash the lentils and add to the pan giving it a good stir
4. Add the bay leaves, reduce the heat and simmer until the veg is all soft (usually about 25 minutes)
5. Remove the bay leaves
6. Blitz with a hand blender or transfer in batches to a jug blender

I am pretty sure that my Grandma used to have a ham bone in there with hers and she would serve with sliced ham but this version is vegan!

Recipe key:



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