

# Hold a soup lunch this Family Fast Day!

The recipe for lentil soup is one I have used for many years, handed through the family and used now by my children and friends. It is very easy to make and the ingredients are not expensive.

For our soup lunch, together with my friends Pat, Ruth, Janice and Dorothy, using four saucepans we make a staggering 24 pints.



## Soup recipe - lentil soup



### Ingredients:

*4oz red lentils, washed and drained*

*1oz butter*

*1 large onion, sliced*

*1 large carrot, sliced*

*1½ sticks celery, chopped*

*One & half pints of stock*

*1 bay leaf*

*1 level teaspoon*

*paprika pepper*

*Pinch of cayenne pepper.*

### Method:

Melt butter in pan, add vegetables and cook gently for 10 minutes, stirring occasionally. Add remaining ingredients including lentils and bring to boil.


Cover and simmer for 45 minutes, remove bay leaf and purée in liquidiser. Makes about 2 pints, very easy to make and very tasty.

Recipe: Linda

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