

## RED LENTIL AND VEGETABLE SOUP

### INGREDIENTS

- 1 tablespoon olive oil
- 4 medium carrots
- 1 small onion
- 1 teaspoon ground cumin
- 1 can diced tomato
- 2 cups veg stock
- 1 cup red dried lentils
- Salt and pepper to taste
- 1 bunch spinach

### METHOD

In a large saucepan heat oil until hot, add carrots and onion and cook 6-8 minutes until lightly browned and tender. Stir in cumin and cook for one minute, add tomatoes, stock, lentils, two cups water, salt and pepper. Cover, bring to boil then reduce heat to simmer for 8-10 minutes until lentils are tender. Stir in spinach and serve.