



## Summer Seasonal Soup

Vegetable soups are perfect for making the most of what is in season and using up what's in your cupboard.

For a refreshing lunch or a light supper, this tomato and pepper soup is simple but very healthy!

If you can, throw in some fresh herbs like basil or coriander for an extra summery flavour!

Using fruit and vegetables in season means your shopping is cheaper and your food is at its freshest and packs the most nutrients and flavour.



### Ingredients – serves 4

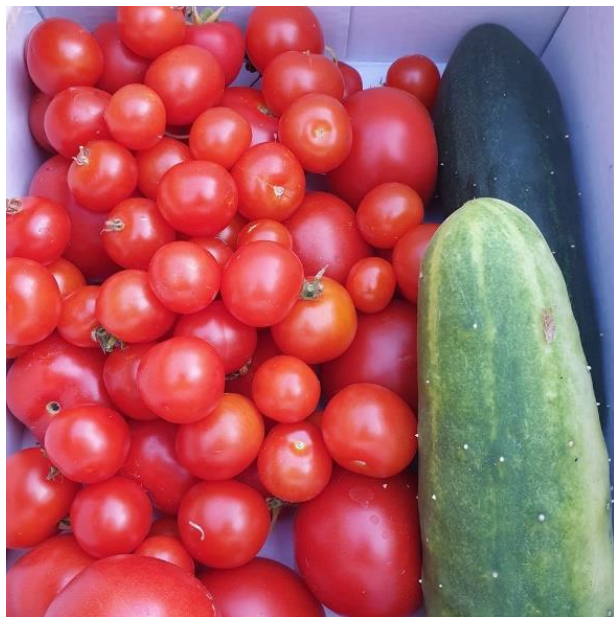
- 3 large garlic cloves, chopped
- 1 large onion, chopped
- 2 carrots, diced
- 3 sticks celery, sliced
- 1 red pepper, chopped
- 200g dried red lentils
- 400g chopped tomatoes
- 2 tbsp tomato purée
- 1 tbsp vegetable stock cube
- 1 tbsp dried coriander leaves
- 1 tbsp dried basil
- 1 heaped tsp ground paprika
- 1 tsp ground cumin
- Salt
- Pepper

## Method:

1. Chop all the vegetables.
2. Fry the garlic and onion until lightly browned.
3. Fry the vegetables (peppers, carrots, celery) until softened.
4. Add the rest of the ingredients (lentils, chopped tomatoes, tomato puree, vegetable stock, coriander, basil, paprika, cumin, salt and pepper).
5. Pour over 1.5 litres boiling water from the kettle, then stir well.
6. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
7. Ladle into bowls and eat straightaway. Serve with chunks of crusty bread.
8. Optional: Blend the soup with a hand blender if you prefer a smooth soup.

## Here is a list of fruits and vegetables which are in season in the summer months in the UK:

- Aubergines
- Beetroot
- Broad Beans
- Broccoli
- Carrots
- Celery
- Courgettes
- Cucumber
- Fennel
- Pak Choi
- Peas
- Peppers
- Rocket
- Sweetcorn
- Tomatoes



# Wild at Heart

Be wild, whatever your age

