

Friends International - Dundee

LENTIL SOUP

This soup is easy to make and will warm you up on a cold February day.

Ingredients

1 leek or 1 onion
6 carrots
1 small swede turnip (the large brown ones, yellow inside)
4 ounces orange lentils

Method

Put lentils in a large saucepan and cover with water.

Peel or scrape the carrots to remove the skin, then cut off the tops and bottoms of the carrots, discard the tops and bottoms and grate the pieces of carrot you have left.

Peel the turnip, discard the peelings and grate the part of the turnip you have left.

Cut off and discard the top and bottom of the leek. Remove and discard the outer leaves. Wash the piece you have left to remove all the earth, then chop it into small pieces.

Add all the ingredients to the saucepan.

Add two spoonfuls of chicken stock if you want.

Add salt and pepper to taste.

Boil slowly for 40 to 50 minutes, stirring from time to time to make sure that it does not stick.

The more lentils, the thicker the soup!

If you would like details of events being organised by Friends International-Dundee or of interest to International students, if you would like to read about interesting places to visit in Dundee and the surrounding area or if you want to try out some more of our own Scottish recipes please visit our web site at www.friendsinternational-dundee.org.uk. The site also contains details of coming events of interest to International students, useful contacts and website addresses.