

# Emergency lentil soup

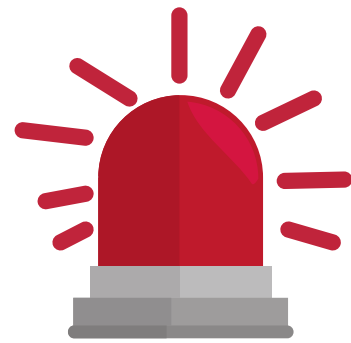
Recipe from Churchlands Primary School

Traffic light category: **Green**

Serves: 14 (250mL serve)

## Ingredients

- 400g uncooked red lentils
- 4 tablespoons curry powder
- 2L salt reduced vegetable stock
- 2 x 425g cans no added salt crushed tomatoes



## Method

1. Combine all ingredients in a medium size pot, bring to boil
2. Cover, reduce heat and simmer until lentils are tender - usually only 10 to 15 minutes, stir occasionally to prevent sticking
3. Top with fresh coriander when serving if desired.

## Thermomix method

1. Cook on 100 degrees, speed 2 for 20 minutes
2. Top with fresh coriander when serving if desired.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	513kJ	214.kj
Protein	9.4g	3.9g
Total fat	1.52g	0.6g
Saturated fat	0.25g	0.11g
Carbohydrate	15.7g	6.5g
Sugars	2.8g	1.2g
Dietary fibre	5.6g	2.3g
Sodium	408mg	170mg



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