

## Hearty Veg Soup

### Method:

- Heat the oil in a pan
- Add the onions and fry gently for a couple of minutes and stir
- Add the garlic
- Add the sweet potatoes, vegetables, lentils and pasta and stir
- Add the herbs and stir
- Add the tomato puree and tinned tomatoes then the water and stir well
- Add the stock cube and stir
- Bring to the boil, reduce the heat, put the lid on a simmer for 20-25 minutes

Take off the heat, eat the soup how it is or add in the cooked chicken or ham.

You can also use rice instead of lentils and pasta

If you are using the blender, use this here and whizz up the soup until smooth.

If using a slow cooker, firstly place the chopped onions and garlic into to the dish, then add all of the remaining ingredients. Mix the stock cube with the recommended amount of water in a jug then pour this into the dish, ensuring all of the ingredients are submerged. Put the slow cooker on low for 6 hours or high for 3 hours, check on the soup if you can to make sure it does not dry out. If the soup does appear dry add some water, it is always best to add just small amounts rather than adding too much with lots of water. The vegetables contain water so you should not need too much extra.

Dewch i Goginio!  
Come and Cook!

