

Fantastic Lentil and Vegetable Soup (Ruth)

This works almost as a full meal in a bowl; it's easy to make, cheap, and very popular.

Using vegetable oil fry up one diced onion, a diced medium carrot and some thyme. When soft and golden add about 2/3 cup brown lentils and a small can of diced tomato or tomato puree.

Add about $\frac{3}{4}$ - 1litre water, and approx 3 cups chopped up vegetables eg broccoli, cauliflower, zucchini or beans. Any combination of these is fine. Add black peppercorns, a vegie stock cube oregano and a bay leaf. Bring to boil and simmer slowly until everything is soft and blended - maybe $\frac{1}{2}$ - 1 hour.

Before serving add more water if it is a bit too thick, salt and a drizzle of olive oil.