

Autumn Vegetable Soup

2 tbsp olive oil
2 large onion, finely diced
2 cloves garlic, finely chopped
2 carrots, finely chopped
900g green cabbage, shredded
2 x 400g can chopped tomatoes
1 tsp dried thyme
4 bay leaves
13 1/2 cups (3.25L) vegetable broth
2 cup puy lentils (green)
2 cups water
salt and pepper

- Heat the oil in a large pan over medium heat. Add the onion, garlic and carrot and cook, stirring occasionally for 3-4 minutes. Add the cabbage and cook for a further 2 minutes.
- Add the tomatoes, thyme and 2 bay leaves, then pour in the broth. Bring to a boil, reduce the heat, partially cover and simmer for about 45 minutes or until the vegetables are tender.
- Meanwhile, put the lentils in another pan with the remaining bay leaves and the water. Bring just to a boil, reduce the heat and simmer for about 25 minutes or until tender. Drain off any remaining water and set aside.
- Remove the soup from the heat and set aside to cool slightly then transfer to a blender or food processor and process in batches
- Return the soup to the pan and add the cooked lentils. Taste and adjust the seasoning if necessary.