

Smoked Chicken, Lentil and Vegetable Soup

A healthy and satisfying soup that's as easy to make as it is tasty. For a heartier version, serve each bowl with dollops of sour cream.

Ingredients

1 Tbsp butter
2 leeks, split, cleaned and finely chopped
1 large onion, peeled and finely chopped
2 carrots, diced
2 cloves garlic, finely chopped
1 cup lentils, picked, washed and drained
4 cups chicken stock
500g smoked chicken, diced
Pepper and salt to taste
2 Tbsp finely chopped parsley

Method

1. Melt butter in a large sauté pan. Sauté leeks, onion and carrots gently until vegetables have softened and leeks and onions are translucent. Add garlic.
2. Transfer to a pot, add lentils, and chicken stock. Bring to a boil, reduce to a simmer and cook for 30 minutes, or until lentils are soft.
3. Add smoked chicken, stir through and continue to simmer another 20 minutes.
4. Add pepper and salt to taste.
5. Spoon into bowls, garnish with parsley and serve with crusty bread.