

Save Our Stomachs

LAMB AND LENTIL SOUP



This hearty soup uses an economical and flavoursome cut of Quality Standard stewing lamb or boneless neck or lamb shoulder and takes hardly any time to prepare. Make it in advance, reheat in the microwave and eat at your leisure with lots of warm crusty bread.

This recipe serves 4-6 people and takes 10 minutes to prepare and 2 hours to cook.

Cooking equipment you will need:

- a large bowl
- a non-stick frying pan
- a chopping board
- a sharp knife
- a vegetable or potato peeler
- a large saucepan
- a measuring jug
- a medium-sized plate

Ingredients you will need:

- 675g Quality Standard middle neck stewing lamb or boneless neck or lamb shoulder
- Salt and pepper
- 2tbsp oil
- 2 medium onions
- 100g dried lentils
- 1 lamb stock cube
- 1 large sprig fresh rosemary
- 2 sprigs fresh thyme leaves
- 225g carrots
- 225g swede or potatoes

To prepare your ingredients:

- If using boneless lamb neck or shoulder cut into medium-sized cubes
- Finely chop the onions
- Rinse the lentils and drain
- Make up the lamb stock in a measuring jug with 600ml boiling water
- Peel and roughly chop the carrots and swede or potatoes

To cook the recipe:

- Place the lamb in a large bowl and season with salt and pepper
- Heat the oil in the frying pan and brown the lamb in batches for 4-5 minutes. Transfer to the large saucepan
- Fry the onions in the same frying pan for 1-2 minutes and add to the saucepan with the lamb
- Add the red lentils, stock and herbs to the saucepan. Bring to the boil, reduce the heat, cover and simmer for 1 hour until the meat is tender
- Add the vegetables, cover and continue to cook for another hour
- If you have used middle neck stewing lamb remove the meat from the soup and transfer to the plate. Remove any bones and return the meat to the soup
- Serve with crusty bread