

be good to
Yourself

BETTER FOR YOU



Chicken, Tomato & Brown Lentil Soup

Edgell Recipe courtesy of Edgell www.edgell.com.au



PREPARE
10 mins



COOK
10 mins



SERVES
4

INGREDIENTS

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 1 stick celery, finely sliced
- 140g **Leggo's Tomato Paste**
- 4 cups salt-reduced chicken stock
- 400g can **Edgell Brown Lentils**, drained
- 3 cups cooked BBQ chicken, shredded
- 4 slices wholegrain sour dough bread
- Olive oil spray



INSTRUCTIONS

STEP 1

Heat olive oil in a large saucepan, add red onion and celery and cook for 2-3 minutes. Stir in **Leggo's Tomato Paste** and cook for 1 minute.

STEP 2

Stir in the chicken stock, **Edgell Brown Lentils** and shredded chicken and bring to the boil. Reduce heat and simmer for 5 minutes, stirring occasionally.

STEP 3

Serve soup with toasted sour dough and garnish with parsley.



Edgell. courtesy of Leggo's www.edgell.com.au



PREPARE. ENJOY. SHARE. #BGTY  

begoodtoyourself.com.au for more information and recipe ideas

