

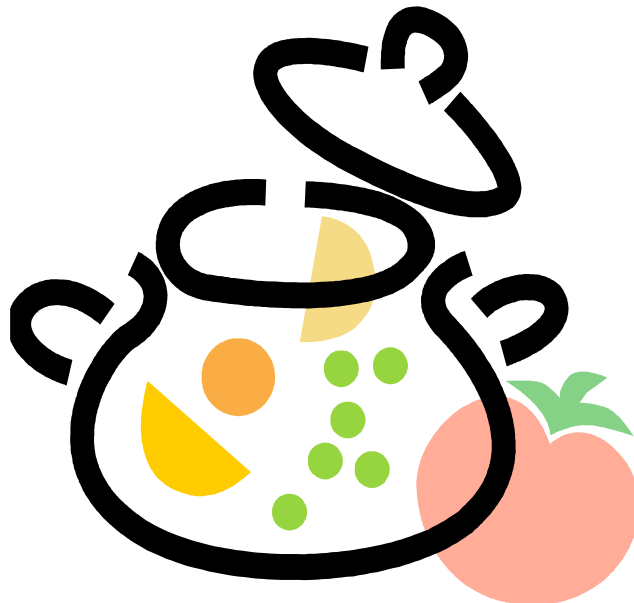
Lentil and Tomato Soup

Ingredients

- 200g tinned chopped tomatoes
- 100g dried red lentils
- $\frac{1}{2}$ onion, chopped
- 1 $\frac{1}{2}$ stock cubes
- $\frac{1}{2}$ tbs fresh thyme
- 500 ml water
- 1 garlic clove, crushed
- 1 bay leaves
- $\frac{1}{4}$ tsp sugar
- black pepper, to taste

Method

- Place lentils, onions, garlic, bay leaves, thyme, chopped tomatoes and stock in a large saucepan
- Bring to the boil
- Boil for 5 minutes, reduce the heat and simmer for 20 minutes
- Add the sugar and black pepper
- Serve as it is or blend until smooth using a food processor, liquidiser or hand blender



- ❖ This recipe can be made in large batches, it freezes really well
- ❖ It also can be poured into a flask and bought to work for lunch