



Lentil and Tomato Soup

METHOD

- Chop the onion and fry slowly.
- Add the lentils and stir.
- Add tomatoes and mix it together.
- Mix the stock cube into the water and add to the lentil mix.
- Add chilli flakes and season.
- Cook for about one hour adding more water if needed.
- Use a hand blender if you want the soup to be smooth.

Ingredients

Serves 4

Preparation 10 minutes

- 1 onion
- 200g red lentils
- 1 tin of tomatoes
- 1 vegetable stock cube
- 1 litre of water
- 1/2 teaspoon of chilli flakes

