

Tomato and Lentil Soup

Serves 6

Ingredients:

1 tbsp olive oil
1 medium onion
1 clove garlic
1 red pepper
100g red lentils
200g tinned tomatoes
1tbsp tomato puree
700mls vegetable stock
2tsp thyme
Salt and pepper

Method

1. Fry onion and garlic in the oil in a saucepan
2. Add the red pepper and lentils and stir well until the lentils are coated in the oil
3. Next, add the tomatoes, tomato puree, vegetables stock and stir well
4. Add the thyme and seasoning
5. Cook on the hob for approximately 1 hour.
6. Puree the mixture for a thicker soup

Serve with fresh bread