

THE LARDER PRESENTS..

LENTIL & TOMATO SOUP



**REMEMBER: ALWAYS
WASH YOUR HANDS
THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**



**Prep
Time: 10
Mins**



**Cook
Time: 25
Mins**



- 1 Tsp Oil
- 1 Small Onion
- 1 Garlic Clove
- 30g Red Lentils
- 1 Tin Chopped Tomatoes
- 100ml Vegetable Stock
- Pinch Paprika (optional)
- Pinch Black Pepper (optional)

- Hob
- Large sauce pan
- Sharp Knife
- Spoon
- Wooden Spoon
- Kettle
- Measuring Jug
- Tin Opener

EQUIPMENT



INGREDIENTS

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT
WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK

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METHOD



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1. Finely chop the onion and garlic.
2. Heat the oil in small saucepan over a medium heat. Add the onion and garlic and cook for 2–3 minutes until soft.
3. Dissolve the vegetable stock cube in 100ml of boiled water
4. Add the stock, lentils, paprika and black pepper (if using) and tin of chopped tomatoes to the garlic and onions. Stir and bring the mixture to boil.
5. Reduce the heat and simmer for 20 minutes.
6. Serve immediately or leave to cool and store in the fridge or freezer for lunches.

LIKE AND TAG THE LARDER

SHARE YOUR PHOTOS OF YOU SHOPPING,
COOKING AND ENJOYING THE RECIPES



PLEASE TAG YOUR
PHOTOS WITH
#THELARDERKITK



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