

THE LARDER PRESENTS..

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

LENTIL & TOMATO SOUP









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

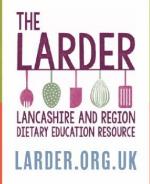
Hob

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

EOUIPMENT



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



THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD THELARDERLANCASHIRE 20 @LARDERLANCS 20 @LARDER_LANCS

METHOD



- 1. Finely chop the onion and garlic.
- 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.

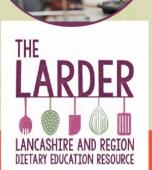
- Reduce the heat and simmer for 20 minutes.
- 6. Serve immediately or leave to cool and store in the fridge or freezer for lunches.

LIKE AND TAG THE LARDER





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