

## THE LARDER PRESENTS..

# LENTIL & TOMATO SOUP



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



Prep Time: 10 mins



Cook Time: 40 mins



- 1 tsp vegetable oil
- 1 small onion (peeled and chopped)
- 1 garlic clove (peeled and pressed, or chopped finely)
- 30g red lentils
- 1 tin chopped tomatoes
- 100ml vegetable stock
- Pinch paprika (optional)
- Pinch black pepper (optional)

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

# EQUIPMENT



# INGREDIENTS

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

# METHOD



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

1. Gather together all the equipment and ingredients.
2. Finely chop the onion and garlic.
3. Heat the oil in a small saucepan over a medium heat. Add the onion and garlic and cook for 2-3 minutes until soft.
4. Dissolve the vegetable stock cube in 100ml of boiled water.
5. 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 the boil.
6. Reduce the heat and simmer for 20 minutes.
7. Serve immediately or leave cool and store in the fridge or freezer for lunches.

## THE LARDER TOP TIP:

- Cool any leftovers quickly and refrigerate, covered, for up to 3 days. Make sure you re-heat thoroughly before serving.

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