



RED LENTIL & TOMATO SOUP

Serves 4

Ingredients

- 7 ounces red lentils
- 1 ½ pints stock
- 1 can of tomatoes (chopped)
- Dash pepper
- 1 tablespoon parsley or coriander

Method

1. Place the washed lentils into a large saucepan or stockpot cover with the stock.
2. Bring to boil and cook uncovered for 10 minutes
3. Cover the pan, lower the heat and simmer for a further 15 minutes
4. Add tomatoes and fresh herbs and blend until smooth
5. Return the soup to the heat and reduce slightly
6. Season to taste, and serve drizzled with a little crème fraiche (optional)



Abundant Borders (SC049008)
web - abundantborders.org.uk & [facebook.com/abundantborders](https://www.facebook.com/abundantborders)
contact: robin@abundantborders.org.uk