



TOMATO AND RED LENTIL SOUP.

Serves 4

Ingredients

1 tbsp mild or medium (not extra virgin) olive oil
1 large red onions, finely chopped
2 garlic cloves, crushed
2 tsp ground cumin
700g cherry tomatoes
200g red lentils
1 litre fresh vegetable stock
1 small bunch of fresh parsley, roughly chopped
Himalayan pink salt and pepper to taste

1. Heat the olive oil in a large pan, add the onion, garlic and cumin and cook until lightly golden.
2. Add the cherry tomatoes and cook over a medium heat, stirring frequently. Keep cooking until you have the resemblance of a thick ratatouille.
3. Add the lentils and stir well. Start to add the vegetable stock a little at a time rather like making a risotto. Each time the stock is absorbed add some more until the lentils are soft and all the liquid has been absorbed.
4. Once the lentils are cooked add the remaining stock, stir well, season with salt and pepper. Blend with a stick blender until the soup is smooth and serve immediately.

- * Wheat free, Gluten free, Dairy free and Yeast free depending on what stock you use.
- * Vegetarian
- * Can be made in advance.
- * Suitable for freezing.