

Lentil & Tomato Soup

by Stephen (Serve 4 people)

Ingredients

- 4-5 cloves of garlic
- 1-2 red chillis (or green)
- 2-3 tsp. Cumin
- Black pepper
- 1 large onion (or two medium)
- 500 g lentils (pink ones)
- Olive oil
- 1 ½ litre stock
- 1 or 2 tins of tomatoes.

Method

1. Fry onions , garlic and chilli with cumin, black pepper and olive oil until onions are translucent.
2. Wash lentils and add them to the preparation . Stir for about a minute.
3. Add 1 ½ litre of stock
4. Add tin(s) of tomatoes
5. Bring to boil and simmer for ½ h