

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
- 1OR 2 TINS OF TOMATOES

METHOD

- FRY ONIONS , GARLIC AND CHILLI WITH CUMIN, BLACK PEPPER AND OLIVE OIL UNTIL ONIONS ARE TRANSLUCENT.
- WASH LENTILS AND ADD THEM TO THE PREPARATION . STIR FOR ABOUT A MINUTE.
- ADD 1 ½ LITRE OF STOCK
- ADD TIN(S) OF TOMATOES
- BRING TO BOIL AND SIMMER FOR 30 MINS