

Lentil Soup



🕒 Prep: 15 minutes

🕒 Cook: 30-35 minutes



Serves: 4-6

Recipe info

Ingredients

1 onion
1 carrot
1 clove garlic
1 tsp ground cumin
1 tbsp sunflower oil
100g red lentils
400g can tomatoes or carton passata (sieved tomatoes)
750ml water
1 vegetable stock cube
1 lemon
Pepper

Equipment

Peeler
Sharp knife
Chopping board
Garlic crusher
Measuring spoons
Large saucepan and lid
Weighing scales
Can opener
Measuring jug
Mixing spoon
Lemon squeezer
Bowls, mugs or flask to serve



Description

A delicious spicy soup that's high in iron and very easy to make.

Method / What to do

1. Peel and chop the onion and carrot, then peel and crush the garlic.
2. Heat the oil in a large saucepan.
3. Add the onion, carrot, garlic and cumin and fry for 5 minutes until soft.
4. Add the lentils, tomatoes, water and stock cube.
5. Bring to the boil. Reduce the heat and simmer with the lid on for 30 – 35 minutes until the lentils are very soft (add more water if too thick).
6. Squeeze the juice from the lemon.
7. Just before serving add the lemon juice and pepper to taste.

Variation

- 🕒 Use other lentils like brown or green lentils. These will need slightly longer cooking. Add another 10 minutes or so.