



Recipe

Store Cupboard Tomato Soup

Ingredients

- 2 tbsp. olive oil
- 1 onion diced
- 1 garlic clove chopped or 1 teaspoon of garlic puree.
- 1 tbsp. of tomato puree.
- 1 400g tin of chopped tomatoes
- 1ltr vegetable stock
- 1 teaspoon mixed herbs.
- ½ pint semi-skimmed milk (optional)
- 4 tbsp. of red lentils

Step 1

Heat the olive oil in a large pan, add the onion and garlic. Cook for a few mins until the onion has softened.

Step 2

Stir in the tomato puree, chopped tomatoes, mixed herbs and lentils. Add the vegetable stock, bring up to the boil. Reduce heat and simmer for about 15 mins until thick and full of flavour.

Step 3

Use a stick blender to whizz soup until smooth.
Add the milk for a creamy finish.