

Tomato & Lentil Soup

Ingredients

- 100g Red Lentils
- 150g Diced Onion (1 Medium)
- 50 g Diced Carrot
- 1 Clove Garlic
- 1 Knorr Ham Stock Cube
- 500g Box of Passata
- 2 or 4 shakes of ground black pepper.
- 1 Litre + 250 ml of Cold Water

Options

- Add a few chilli flakes
- Substitute a veg stock cube for the ham stock cube if you want a vegetarian option
- You could try playing with other herbs such as basil or thyme.
- Use chopped tomatoes instead of passata.

Equipment

- Sharp knife
- Measuring Jug
- Large Saucepan
- Spatula

Preparation

- Get the ingredients and equipment to hand
- Dice the onion, but it is much easier to use frozen diced onion
- Fine dice the carrot and garlic



Method

Wash the lentils thoroughly and add to the saucepan. Add the 1 litre of water.

Bring to the boil and simmer for 15 minutes or until the lentil swell and go soft.

Add the onion, carrot, stock cube and garlic.

Return to the boil and simmer for 30 minutes.

Empty box of passata into the saucepan. You can use the additional 250ml of water to rinse the passata box before adding the water to the pot.

You might need to take a few minutes to slowly mix the soup as the passata does not mix itself!

Return to a gentle simmer for 15 minutes.

This is a recipe with very light seasoning so it's best to taste and, if required, season with more herbs, salt and pepper, particularly if you are not using the ham stock cube.

Keep an eye on this, and gently stir from time to time to stop it sticking to the bottom of the pan.

Notes

Sometimes you can get "Italian Seasoned" tomatoes or passata so you may need to add less herbs.

You might want to use the spatula to squish any large bits of the chopped tomato!

Portions

Number of portions	6
Final Portion Size	225g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Washing Lentils

There are no special techniques or principles at play in this recipe. It's a much-simplified version of the traditional method that would use fresh tomatoes.

I'm not saying it is as good, but 1 hour rather than 3 hours to prepare and cook is quite appealing!

It can also be made with things in most store cupboards, without a special trip to the grocers.

