

# ROASTED TOMATO AND LENTIL SOUP

Serves 10 Prep time 10 mins Total time 1 hr

## INGREDIENTS

- 1 tbsp oil
- 2 large onion, chopped into chunks
- 4 garlic cloves, crushed
- 4 celery sticks, chopped into chunks
- 750g fresh tomatoes, halved
- 500g pack of frozen chargrilled vegetables
- 500g red lentils
- 2 vegetable stock cubes
- 400g tin chopped tomatoes
- 400g tin haricot beans, drained
- 400g tin butter beans, drained

## DIRECTIONS

1. Pre-heat your oven to 200c/gas mark 6. Once up to temperature, place the chargrilled veg and tomatoes in a roasting dish and cook for 25 minutes.
2. Heat the oil in a large pan over a medium heat. Add the onion and celery and cook for 2-3 minutes before adding the garlic. Continue to cook until the vegetables have softened, this normally takes about 10 minutes.
3. Add the lentils to the pan and mix through the vegetables for a couple of minutes. Add in 1.5l of boiling water and crumble in the stock cubes. Bring the mixture up to the boil and then turn the heat down and simmer for 30 minutes. Stir regularly as the lentils can stick to the bottom and add water if the mixture looks a bit thick.
4. Add in the chargrilled vegetables and tomatoes. Using a stick blender, blitz the mixture until smooth and season with salt and pepper to taste. Add in the butter beans and haricot beans and serve.

300 cal 18g protein