

Tomato and Lentil Soup

Ingredients

1 onion
1 dessertspoon oil
1 tin tomatoes
50g red split lentils
1 stock cube (chicken or vegetable)
Pepper
Fresh basil leaves or a pinch of dried basil

Utensils

1 chopping board
1 vegetable knife
1 saucepan/lid
1 wooden spoon
1 measuring jug
1 sieve

Method

1. Peel and chop the onion
 2. Heat the oil *GENTLY* in the saucepan and fry the onion until soft
 3. Add the tomatoes to the saucepan, break them up a little
 4. Rinse the lentils in the sieve (run them under cold water) add to the tomatoes
 5. Dissolve the stock cube in a little hot water, make up to 250 ml with cold water, add to the saucepan
 6. Add the pepper then bring to the boil, lower the heat simmer for 30 minutes until the lentils are soft
 7. Remove from the heat add the basil (torn leaves or dried) and pepper
 8. Liquidise the soup until smooth
- Serve with a swirl of fresh cream and torn basil leaves

