

# Lentil & Tomato Soup



**Serves 4**

**Prep 5 mins**

**Cooking 35 mins**

**Easy**

## **Ingredients**

100g red lentils

1 tbsp olive oil

1 onion, peeled and chopped

400g can tomatoes

600ml vegetable stock

1 bay leaf

Sea salt and black pepper

Sour cream, to garnish (optional)

1 tbsp grated Parmesan cheese (optional)

1 tsp parsley for garnish

1. Rinse the red lentils in cold water, then place in a large saucepan and cover with cold water. Bring to the boil, simmer for 15 mins until fluffy, then drain.
2. In a separate large saucepan, heat the oil over a medium heat, then sauté the onion for 8 - 10 mins until very soft. Add the tinned tomatoes, lentils and vegetable stock. Season with salt and pepper. Bring to the boil, then add the bay leaf. Simmer for 15 mins. Serve immediately with a swirl of sour cream or some grated Parmesan cheese and a sprinkle of parsley, if you like.