







Rocking Red Soup!

1 tbsp vegetable oil

- 1 onion
- 1 clove garlic, crushed
- 1 tin chopped tomatoes
- 1 tablespoon tomato puree
- 1 teaspoon turmeric
- 1 teaspoon cumin

200g red lentils 850ml vegetable stock (or chicken stock) salt and freshly ground black pepper

To serve (optional)

Crème fraiche

<u>Method</u>

Peel onion and finely chop.

Heat the oil in a large pan and add the onions. Cook for 3-4 minutes over a gentle heat until starting to soften.

Add the remaining ingredients and bring to the boil. Season well and simmer until the vegetables are tender - about 15 minutes.

Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the cream or crème fraîche, heat through and serve with baked croutons sprinkled on top.

Baked Croutons

3 slices of bread 3 tablespoons olive oil 1 garlic clove, crushed ½ teaspoon of freshly-ground black pepper pinch of salt

Preheat oven to 200°C, Gas 8 Cut the bread into cubes. In a large bowl or plastic bag, carefully mix together olive oil, garlic, pepper, salt and bread cubes. Spread the cubes on the baking sheet. Bake for 5 minutes or until golden brown.