

Tomato and Lentil Soup with Croutons

Serves 10

Ingredients	
100g red lentils (dry) or 120g canned lentils in water	1 tbsp (15g) olive oil
1kg ripe tomatoes, chopped	8 basil leaves or 2 tsp (10g) mixed dried herbs
60g tomato puree	Pinch of black pepper
1 small (70g) red onion, chopped	10 slices of wholemeal or granary bread
2 (60g) stalks of celery, chopped	200g cheddar cheese
1 small (40g) carrot, chopped	Kallo low salt vegetable stock (600ml stock)

- METHOD:
- Soak the lentils in cold water over night (if using dried), rinse thoroughly. Cook the lentils, depending on type used, as per instructions. Alternatively open can and drain.
- Meanwhile chop and peel the onion, carrot, and celery then in the oil, sauté the chopped red onion, celery and carrots, cook until soft – approximately 8-10 minutes.
- Add the tomato puree, tomatoes, basil and black pepper, stir and bring to the boil, simmer for 10 minutes.
- Add the lentils to the vegetables.
- Puree the soup in a blender to the desired consistency. If necessary add a little extra stock to thin the soup down.
- Toast the bread and grill the cheese on top.
- Cut into fingers and serve with the soup.



- ✓ COOK'S TIP – FOR PUREE DIETS, MAKE A CARROT AND LENTIL PUREE
- ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE BREAD
- ✓ FOR DAIRY FREE DIETS, USE SOYA CHEESE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
233	12.2	10.1	25.1	5.7	1.1	3.4	223