

Maria's Bonfire Night Thick Tomato Soup



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Method:

1. Finely chop the onion and crush the garlic.
2. Heat the oil in a saucepan over a gentle heat and sauté the onion and garlic for 5 minutes until slightly soft. Stir from time to time with a wooden spoon.
3. Add all the other ingredients and bring the soup up to a simmer.
4. Simmer for 20 minutes, stirring from time to time.
5. Remove the saucepan of soup from the heat and blend very carefully with an electric hand blender.
6. Add a little more hot water if the soup is too thick and re-heat before serving.

Ingredients:

1 medium sized onion

1 clove garlic

1 tablespoon oil

1 x 400 g can chopped tomatoes

50 split red lentils

1 tablespoon tomato puree

1 vegetable stock cube

600 mls very hot water

1 teaspoon mixed herbs OR

1 teaspoon smoked paprika

Serve with toasted cheese sandwiches or topped with homemade croutons.