



The Larder presents...

TOMATO AND LENTIL SOUP



PREP: 15min
COOK: 20 min



SERVES: 4

YOU WILL NEED:

INGREDIENTS:

- 1 x400g Can Chopped Tomatoes
- 1 Stock Cube
- 1 Cup Red Split Lentils
- 1 Onion, Chopped
- 2 Sticks Celery, Finely Chopped
- 1 Carrot, Peeled and Chopped
- 4 Cups (2 Pints) Cold Water
- $\frac{1}{2}$ Tsp Ground Coriander (optional)
- $\frac{1}{2}$ Tsp Ground Cumin (optional)
- $\frac{1}{2}$ Tsp Ground Chili Powder (optional)
- Salt and Pepper to Taste

***Allergy Statement:** “Recipe items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.”

YOU WILL NEED:

EQUIPMENT:

- Cup (for measuring)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Vegetable Peeler
- Measuring Jug
- Wooden Spoon
- Saucepan
- Hob

REMEMBER:

Always **wash your hand** thoroughly before touching and preparing ingredients.

METHOD:

1. **ALWAYS START BY - Washing your hands thoroughly**
2. **Gather together all the equipment and ingredients**
3. **Prepare the vegetables:** chop the onion, finely chop the celery; peel and chop the carrot

REMEMBER: YOU CAN ALWAYS ADD MORE VEGETABLES THAN LISTED ON THE INGREDIENTS

4. **Turn the hob onto a medium heat** and place the **saucepan over the heat**
5. **Pour 4 cups (2 pints) of cold water** in the **saucepan**
6. **Put ALL ingredients** in the saucepan together
7. **Bring to the boil and simmer for 20 minutes.**

CHECK AND SEE IF THE LENTILS AND VEGETABLE ARE SOFT BY GENTLY TESTING WITH A FORK OR KNIFE

8. **Add more water if required**
9. **Taste with a teaspoon to check** if more **seasoning** is **required**
10. **Serve piping hot**

THE LARDER TOP TIPS:

- Use a potato masher or electric hand blender to give the soup a smooth consistency if you wish
- Serve with crusty bread OR left over drop scones
- You can vary the fresh vegetables you use according to whatever you have available in the cupboard

**One handful of fresh fruit or veg = 1 portion of your 5 a day*

NUTRITION KNOW HOW:

- The vegetables in this recipe provide some vitamins and minerals; the lentils are a source of protein

1. Is a tomato a fruit or vegetable? Why?

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