

## Lentil and Tomato Soup

Makes a 4-litre pot, about 10 portions, adjust accordingly.  
It freezes really well.

### Ingredients

2 large onions  
4 cloves garlic  
3 cans of chopped Italian tomatoes  
Approx. 400g red lentils

### Spices 1:

(you could substitute 1 tablespoon of your favourite curry paste/powder)

garam masala	2 tsp
ground cumin seed	2 tsp
ground coriander seed	2 tsp
ground fenugreek seed	1 tsp
ground black pepper	½ tsp

### Spices 2:

turmeric ¼ tsp  
paprika 1 tsp

5 Kallo organic vegetable stock cubes

### Method

Fry the onion and garlic, roughly chopped in about a tablespoon of (rapeseed) oil, until browning nicely.

Add spices 1, continue gently frying to create a brown paste, scrape the spice mix off the pan as you go, adding water to loosen it.

When nicely dark and aromatic, add the tomatoes and lentils with water to ¾ fill the pan.

Add spices 2 and the stock cubes. Simmer for 45 minutes until the lentils are soft, watch it doesn't stick.

Blend to your chosen consistency, adding water if required.

