



## Lentil and Lemon Soup

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Serves 6 - Cooking time: 40 minutes

### **Ingredients: -**

30ml/2 tbsp - virgin olive oil

1 - large onion, chopped

1 - garlic clove – crushed

150g/5oz - red lentils, washed

600ml/1 pint - vegetable stock

1x400g/14oz tin - chopped tomatoes

30ml/2 tbsp - tomato puree

30ml/2 tbsp - finely chopped fresh thyme

salt & freshly ground pepper

juice of ½ lemon

### Garnish: -

6 - small sprigs fresh thyme



## **Method:-**

Heat the oil, cook onion and garlic gently for 10 minutes without colouring.

Add the lentils and stir to coat well in the oil.

Add the stock and bring to the boil - take off scum.

Add the tinned tomatoes, tomato puree and  $\frac{3}{4}$  of the thyme.

Bring back to the boil and simmer, covered for 15-20 minutes stirring occasionally.

Taste for seasoning and add the remaining chopped fresh thyme.

Add the lemon juice little by little to taste.

Serve garnished with sprigs of thyme.