



## Red lentil, carrot and tomato soup for a large family



*The soup freezes well. This soup is very versatile and can be made with curry spices or some fennel seeds and a bay leaf. It can be served plain, with chopped coriander, or a big spoon of cream cheese.*



### Directions

- 1 Heat oil in your largest saucepan.
- 2 Add onions and garlic and sauté until transparent & soft.
- 3 Add lentils to the onion-garlic mix and stir through the oil for a minute.
- 4 Add grated carrots and stir to mix through.
- 5 Add 2 litres of the hot vegetable stock and the cans of pulped tomatoes.
- 6 Bring slowly to the boil.
- 7 Reduce heat and place lid on saucepan and let it cook for about 50 minutes, stirring occasionally.
- 8 Add the sugar, paprika and pepper, stir again and let cook without the lid for another 10 minutes. This is a very well behaved soup and will not mind being left to cook for a further 30 minutes! Just remember to stir it occasionally.
- 9 When slightly cool, blend through a food processor or with a hand held blender thingy. This is not essential if you do not have one.
- 10 Reheat and serve!



### Ingredients

Onions finely chopped	2 units	paprika	2 teaspoons
Cloves of garlic, crushed	2 units	black pepper	Generous grinding
Sunflower oil/olive oil	2 tablespoons		
Red lentils	250 gr		
Peeled and grated carrots (about 4 large ones)	400 gr		
hot vegetable stock (made from stock granules or cubes)	2 litres		
pulped tomatoes	2 cans		
sugar	1 teaspoons		