

PEOPLE'S KITCHEN

Tomato & Lentil Soup Recipe



Ingredients:

- 1oz butter or oil
- 1 x Onion
- 1 x clove garlic
- 600ml Chicken or Vegetable Stock
- 200ml milk
- 200gms red lentils
- 1 x 400gms tin chopped tomatoes
- 1 x tbsp. tomato puree
- 1 x tbsp. Worcester sauce
- Salt & pepper

Method

1. Heat the butter or vegetable oil in a large pan and add the onion, Cook for 3-4 minutes until starting to soften; then add the garlic for 1 minute.
2. Add the lentils, stock, milk, chopped tomatoes, tomato puree and Worcester sauce and bring to the boil. Season well and simmer for 40 minutes.
3. Blend or leave chunky
4. Enjoy with home-made crusty bread!



People First Tameside
Suite 3, St Michael's Court,
St Michael's Square, Stamford Street,
Ashton - under-Lyne OL6 6XN
Tel: 0161 308 3699
Email: speakup@pftameside.org
Charity No: 1087319