

## Spicy tomato and lentil soup

Preparation and cooking time: 35 minutes

### Ingredients:

2 tbsp. olive / coconut oil  
1 onion, finely chopped  
1 clove garlic, finely chopped  
2 sticks celery, finely chopped  
1 tsp smoked paprika  
1 tsp ground cumin  
1 tin plum or cherry tomatoes  
1 tsp veg bouillon / stock concentrate  
1 cup red lentils (or use mix of red and black)  
½ jar roast peppers  
Fresh coriander and natural yoghurt to serve

### Directions:

- Heat oil in a saucepan and gently fry the onion, garlic and celery for 4 minutes until slightly softened
- Add the paprika and cumin and saute for another minute, then add the tomatoes, veg stock or bouillon, lentils and peppers. Fill the empty tomato tin with water and add, together with salt and pepper
- Bring to a gently simmer and cook for 20 minutes, or until the lentils are fully cooked
- Use a stick blender to blend soup to desired consistency, adding more boiling water if needed. Serve topped with a spoon of natural yoghurt and a little chopped coriander

This quick and easy soup is full of fibre and makes a filling lunch. Add fresh chilli or cayenne for a spicier version.