Lunch

Hearty Tomato and Red Lentil Soup

This hearty soup simmers red lentils with chopped tomatoes, tomato soup and warm spices, finished off with freshly grated zucchini for extra colour and bite.

35 min	375	63.8 g	6.6 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 6 servings

- [ ] 1 tablespoon oil
- [ ] 1 medium onion, chopped
- [ ] 2 cloves garlic, crushed
- [ ] 2 teaspoons ground coriander
- [ ] 2 teaspoons ground cumin
- [ ] 500 g packet dried red lentils
- [ ] 7 cups water
- [ ] 850 g can chopped tomatoes
- [ ] 415 g can tomato soup
- [ ] 2 zucchini, grated
- [ ] 1 teaspoon salt

Method

1. Warm the oil in a large saucepan and sauté the chopped onion, crushed garlic, ground coriander and ground cumin.
2. Rinse the dried red lentils, then add them to the pan with the water, chopped tomatoes and tomato soup, and bring everything to the boil.
3. Reduce the heat and simmer the soup for 15 minutes.
4. Stir in the grated zucchini and salt, then simmer for a further 5 minutes.

Nutrition Facts

Per serving

Calories	**375**
Total fat	5.2 g
Saturated fat	Not listed
Sodium	146 mg
Total carbs	63.8 g
Fiber	14 g
Total sugars	6.6 g
Protein	23 g

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