

The Pantry's Tomato and Lentil Soup

We made this to share with our Pantry members one cold winter's day, and it went down so well we started making soup each week. It's easy to make and packed with flavour and goodness. Serves 4.

Ingredients

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 large finely chopped onion
- 2 cloves of garlic
- Half a teaspoon of coriander seeds
- Half a teaspoon of cumin seeds or ground cumin
- 300g red lentils
- 1 litre of vegetable stock
- 1 tin of chopped tomatoes



Method

- Fry the onion, garlic, butter, oil, coriander seeds and cumin until soft.
- Add the lentils and stock and cook on a low heat for ten minutes.
- Then add the tomatoes and cook for fifteen more minutes.
- Season with salt and pepper.
- Blend it if you like it smooth, or serve it as it is.