

Very Simple Lentil Soup

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This very simple lentil soup combines lentils simmered with beef stock, seasoning, passata and salt and pepper. The lentils are hearty, flavourful and warming and luckily, the dish is very simple to prepare.

Ingredients:

190g dry lentils, rinsed
1 litre beef stock
1 onion
4 tbsp. passata
1 tsp. Italian herb seasoning
Salt and pepper
1 tbsp. olive oil

Directions:

1. Finely chop the onion.
2. In a large saucepan, heat the oil and fry the onion until tender, around 5-10 minutes.
3. Add the stock and bring the mixture to the boil, then add the lentils, passata and herb seasoning. Reduce the heat to low and simmer for around 45 minutes or until the lentils are tender.
4. Season to taste.

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