

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S RED LENTIL SPICY SOUP

 **Prep:** 10 minutes

 **Cook:** 40 minutes

 **Serves:** 4

INGREDIENTS:

- 1 tbsp olive oil
- 2 onions, finely chopped
- 2 celery sticks, finely chopped
- 2 carrots, peeled and finely chopped
- 2 garlic cloves, peeled and crushed
- 2 tsp curry powder
- Pinch dried chilli flakes
- 150g red lentils,
- 1 ½ litres low salt vegetable stock
- 120ml Tomato Juice
- Pinch **LoSalt**
- Freshly ground black pepper

METHOD:

1. Heat the oil in a large pan over a medium heat, then add the onions, garlic, celery and carrots. Cook, stirring regularly, for 8 - 10 minutes, or until the onions are soft.
2. Next add the curry powder and dried chilli flakes and stir well.
3. Now add the tomato juice, vegetable stock and lentils.
4. Season with black pepper and a pinch of **LoSalt**.
5. Pop the lid on and simmer over a medium heat for 20-30 mins.