

Paprika, Lentil and Tomato Soup

Ingredients

- ½ teaspoon of coconut oil
- 1 onion, roughly chopped
- 1-2 cloves of garlic, roughly chopped
- 200g split red lentils
- 1 can of tomatoes or passata
- 1 handful of fresh thyme leaves or 2 tsp of dried thyme or oregano
- 1 teaspoon of ground sweet smoked paprika
- 1 teaspoon of ground cumin
- ½ litre of home-made vegetable stock add more if needed
- Freshly ground black pepper
- Juice of 1 lemon



Method:

1. In a large saucepan, gently fry the onions in coconut oil for 5 minutes until softened, adding a little more oil if you need to.
2. Add the garlic, thyme, cumin and paprika (plus chilli if using) and continue to fry for a further 30 seconds, being careful not to let the spices burn.
3. Rinse the lentils and add to the pan with the tomatoes/puree and stock.
4. Cover and bring to a medium simmer for 20 minutes or until the lentils are tender.
5. Add a pinche of sea salt and black pepper to taste.
6. Turn off the heat, check for seasoning and stir in the lemon juice to serve.