

Tomato & Lentil Soup

Makes: Servings 6

Ingredients

300g red lentils (washed)
4 carrots, finely chopped.
1 slice celery, sliced.
4 cloves of garlic, finely chopped.
1 onion, finely chopped.
500g tomato passata
1 bunch of basil leaves
1.5 litres of veg stock
Black pepper
1 small bunch finely chopped parsley.



Instructions

Heat a large pan with a medium heat.

Add 1 teaspoon of coconut oil, sauté the onion for 1-2 minutes.

Add the carrots & celery and cook for a further 3-4 minutes.

Add the remaining ingredients and simmer for about an hour.

Once the lentils are soft; blend until smooth.

Nutrition information:

Each Serving:

Kcal	98.5
Fat	0.7g
Net Carbs	12g
Protein	7.6g