

## Lentil & Tomato Soup

### Ingredients

- 1 large onion, finely chopped
- 1 small green pepper, finely chopped
- 1 small carrot, finely chopped
- 1 large garlic clove, finely minced
- 1 bay leaf
- 3 cups of chicken or veg stock
- 1 can (14-1/2 to 16oz) whole tomatoes with liquid, coarsely chopped
- 1 cup water
- 3/4 cup dry lentils
- 1/4 cup dijon mustard



### Directions

In large pot combine all ingredients except mustard. Bring to boil and then cover and simmer for 1 hour or until lentils and vegetables are tender. Stir in the mustard.  
Remove and discard bay leaf before serving.