



EMERGENCY LENTIL SOUP

Do you ever have those “OMG I forgot to make dinner!” moments?

Wouldn't it be good to have a healthy pantry meal always on hand that you could get on the table in 20 minutes?

This is that dish, literally created in one of those moments when... “Whoops, who are these hungry people asking me what's for dinner? Gah!” I stood at the pantry, umming and ahing then said more or less confidently, “lentil and tomato soup.” We've had it countless times since - even sometimes by plan!

Serves: 4-6 as a main, 8 as an entree

Time: 20 minutes



INGREDIENTS

200 grams red lentils
1 tin crushed tomatoes (400 grams)
2½ tins water (1000 grams)
2 teaspoons Madras curry powder (or other)
1 tablespoon vegetable stock concentrate



METHOD

1. Place all ingredients into mixing bowl. Cook for **20 min/100°C/speed 2**.

Garnish with herbs if desired.

Variation

- Replace the tinned tomatoes with passata if desired.
- Replace curry powder with sweet paprika if desired.