

Lentil & Tomato Soup with Spices

Serves 6

Preparation Time 10 minutes

Cooking Time 40 minutes

Ingredients:

40g (2 tablespoons) **Flora pro-activ spread**

1 large onion, finely chopped

2 cloves garlic, crushed

1/2 teaspoon turmeric

1 teaspoon ground ginger

1 cup red lentils

1 large green chilli, finely chopped

1 bay leaf

3 stalks celery, sliced

3 cups (750mL) reduced-salt vegetable stock, or reduced-salt chicken stock

3 cups (750mL) water

1 x 400g can chopped tomatoes

2 tablespoons reduced-salt tomato paste

1 tablespoon chopped coriander

freshly ground black pepper



Heat Flora pro-activ in a large saucepan. Add onion and garlic and fry gently until softened. Add turmeric and ginger and cook, stirring, until fragrant.

Add lentils, chilli, bay leaf, celery, stock and water. Bring to the boil and simmer for 25 minutes, or until lentils are soft. Remove bay leaf.

Stir in tomatoes, tomato paste and coriander. Season with black pepper. Reheat and serve with crusty bread or rolls, sprinkled with extra coriander.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	184	806
Protein (g)	2.5	11.0
Total Fat (g)	1.2	5.3
Sat. Fat (g)	0.3	1.2
Carbohydrate (g)	4.9	21.4
Total Sugars (g)	1.5	6.6
Dietary Fibre (g)	1.8	7.7
Sodium (mg)	130	567