



# Emergency lentil soup

Recipe from Churchlands Primary School, Published 2023

Traffic light category: **Green** Serves: 14 (250mL serve)

## Ingredients

- 400g uncooked red lentils
- 4 tablespoons curry powder
- 2L salt reduced vegetable stock
- 2 x 425g cans no added salt crushed tomatoes

## Method


1. Combine all ingredients in a medium size pot, bring to boil
2. Cover, reduce heat and simmer until lentils are tender - usually only 10 to 15 minutes, stir occasionally to prevent sticking
3. Top with fresh coriander when serving if desired.

## Thermomix method

1. Cook on 100 degrees, speed 2 for 20 minutes
2. Top with fresh coriander when serving if desired.



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