

Recipes

Tomato, Lentil and Lamb Soup

Serves 4 - 6.

Preparation Time: 15 minutes.

Cooking Time: 50 minutes.

Ingredients:

300 g pack of Lamb Neck Fillet
trimmed of fat and small diced

175 g of Split Red Lentils

415 g can of Chopped Tomatoes

600 g jar of Passata

1 large Onion - finely diced

2 Carrots - finely chopped

2 cloves of Garlic - crushed

2 tablespoons of Sun dried Tomato Paste

1 tablespoon of Worcestershire Sauce

500 ml of lamb or vegetable Stock

1 tablespoon light and mild Olive Oil

2 tablespoons of Tomato Puree

Method:

1. Heat oil in a large pan and seal meat until brown all over.
2. Add diced onion and gently fry for 2-3 minutes until golden.
3. Add garlic and cook for a further 1 minute.
4. Add all of the remaining ingredients and stock.
5. Bring to the boil and simmer gently for around 45 minutes until lentils are soft.
6. For a smooth soup use a hand blender.
7. Serve with grilled cheese topped Croutini or Black Pepper & Sea Salt Croutons.

