

# Eat The View

## Recipes and Tips

### Tomato, Lentil and Basil Soup

1 tablespoon olive oil  
2 onions, chopped  
2 celery stalks, sliced thinly (optional)  
2/3 of a bell pepper, chopped (optional)  
800g canned tomatoes (feel free to use fresh)  
1000ml vegetable stock  
2 tablespoon tomato paste  
75 gr green lentils  
1 bay leaf  
Black pepper  
1 tablespoon dried basil (or 3 tablespoons fresh basil)

Heat the oil in a large saucepan, add the onions (celery and bell pepper) and cooked until softened.

Stir in the tomatoes, tomato paste, stock, bay leaf, black pepper and lentils. Bring to the boil and simmer, covered, stirring occasionally, for 25 minute or until everything is cooked. Add the basil and heat gently.

If you like a smoother soup, cook the lentils separately and puree the rest of the soup until smooth and then stir in the lentils and basil.