

RED LENTIL SOUP

Ingredients

- Red lentils.
- Tomato concentrate (tube works best, remember to wrap in plastic bag, it sometimes leaks)
- Water.
- Salt.
- Everything else is a bonus:
 - o Onions
 - o Lemon zest
 - o Bell pepper
 - o Real tomatoes
 - o Potatoes
 - o Oil

Recipe

If you have oil, fry onions and peppers. Otherwise:

Bring water to boil. Add onions (if no oil available), potatoes, bell peppers, red lentils. Keep volume expansion of lentils in mind when adding to water. Boil for 2-3min, then allow to simmer for another 5-8min.

Add salt, lemon as required. Enjoy!

