

Hearty Lentil & Sun-Dried Tomato Soup



Ingredients

- 1 tbsp olive oil
- 1 tbsp butter
- 1 small red onion, finely diced
- 3 cloves garlic, crushed
- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp dried parsley
- 1 tbsp tomato paste
- Pinch of chilli flakes (optional)
- 4½ cups chicken stock
- ½ cup red lentils, rinsed
- 400g can crushed tomatoes
- 1 cup of sun-dried tomatoes, sliced
- 1 cup cream
- ¾ cup grated parmesan cheese
- Sea salt and freshly cracked black pepper
- Fresh parsley, to serve

Method

1. Heat the olive oil and butter in a large saucepan over medium heat. Add the red onion and cook for 4–5 minutes until softened. Stir through the garlic, oregano, thyme and parsley and cook for a further minute until fragrant.
2. Add the tomato paste and chilli flakes and cook for 1–2 minutes, stirring, until the mixture begins to thicken.
3. Pour in the chicken stock, then add the lentils and crushed tomatoes. Season with salt and pepper and bring to a gentle simmer. Cook for 15–20 minutes, stirring occasionally, until the lentils are tender.
4. Stir through the sun-dried tomatoes, cream and parmesan cheese. Continue cooking for 5 minutes until the soup is heated through and creamy.
5. Ladle into bowls and serve topped with fresh parsley and cracked black pepper.

