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**Spicy red lentil and tomato soup**

**Ingredients**

50ml oil

2 onions / or a leek

5 cloves garlic

2” ginger

1 tsp chilli flakes

2tsp cumin seeds

1 tsp cumin powder

1tsp coriander seeds

1tsp salt

I tin chopped tomatoes

½ tube tomato paste / puree

Dash of Worcester sauce

200g red lentils

**Method**

Put the lentils is a pan, wash the lentils thoroughly until the water runs clear. Cover with water so that there is an inch of water above the lentils.

Dice the onions / leeks and chop garlic and ginger and sweat in oil for about 20 minutes until soft and tender.  Add chilli flakes, cumin and coriander seeds and cumin powder and fry for a few minutes.  Then add chopped tomatoes and tomato puree, salt and Worcester sauce.  Add half a cup of water and simmer for about 10 mins then add the red lentils.   Add a cup of water and bring to the boil, add vegetable / chicken stock and simmer until the lentils are soft.  Keep checking the water and add if necessary

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