

# Squash, Lentil And Tomato Soup



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**SERVES 4, VEGAN, HIGH PROTEIN**

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## INGREDIENTS:

80g green lentils

200g, butternut squash,  
peeled and diced into  
2cm squares

3 onions, diced

1 garlic, crushed

2 tbsps. olive oil

420g, tin of chopped  
tomatoes

2 tbsps. of basil, chopped

1 tsp paprika

1 vegetable stock cube

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## EQUIPMENT:

Baking tray

Sauce Pan

Wooden Spoon

Stick Blender

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## METHOD:

1. Cook the lentils till tender and set aside
  2. Drizzle the squash with olive oil and roast at 200°c till tender and set aside.
  3. Sweat the onions and garlic in the olive oil until soft and then add the tinned tomatoes, basil, paprika and veg stock and cook for a further 20 minutes.
  4. Blend until smooth adding a little water if too thick.
  5. Stir in the pre roasted squash and cooked lentils
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