

# Tomato



Tomatoes are very low in sodium, with no saturated fat or cholesterol. They are high in vitamins A, C, K, and potassium, manganese, and dietary fiber. They are also a good source of vitamin E, B vitamins, folate, magnesium, phosphorus, and copper.

## Spicy Tomato & Red Lentil Soup

Serves 2    Prep Time: 10 minutes

Cook Time: 30 minutes

### Ingredients

$\frac{2}{3}$  cup red lentils

1 medium bell pepper

2 cloves garlic

1 pint water

2 cups chopped tomatoes

1 medium onion

1 small chile pepper

$\frac{3}{4}$  cup vegetable stock

### Directions

1. Rinse the red lentils in plenty of cold water, then place in a large saucepan and cover with one pint of boiling water. Bring back to the boil and then turn down the heat so that the lentils simmer.
2. Meanwhile, chop the onion, bell pepper, garlic and chile. The garlic and chile need to be chopped finely but you can leave the onion and bell pepper as a medium dice, since the soup will be blended.
3. After the lentils have been simmering for approximately 10 minutes, scrape off any white scum which may have formed on the surface with a slotted spoon. Add the stock, and the chopped veggies and gently simmer for approximately 10 minutes, until the lentils and onion are thoroughly cooked and appear slightly translucent.
5. Blend to a smooth puree in a blender. Transfer the soup to a saucepan, warm and serve!