

# Repurpose Red Pepper Soup

## Ingredients

1 tbsp oil  
1 onions, chopped  
2-3 red peppers, seeded and chopped  
2-3 garlic cloves, crushed  
6 tbsp dried red lentils  
400g can chopped tomatoes  
1L vegetable stock  
Salt and pepper  
1 tsp ground paprika

Natural yoghurt and garlic bread, to serve



Makes 11/2L

## Method

1. Heat the oil in a saucepan and cook the onion, peppers and garlic over low heat for about 5 minutes, or until softened.
2. Stir in the lentils and can of tomatoes. Stir and cook for a further 2-3 minutes, then stir in the vegetable stock.
3. Season with salt and pepper. Stir in the paprika and allow the soup to gently simmer for 15-20 minutes, until the lentils are cooked.
4. Blitz the soup with a stick blender or liquidizer until smooth.
5. Serve the soup with a dollop of natural yoghurt and crispy garlic bread.

### To Make Garlic Bread:

Slice up a stale baguette, or use up any slices of stale bread and lay them on a baking sheet. Put 50g butter or margarine in a microwave jug or bowl with 3 cloves crushed garlic. Cover and microwave on HIGH for 1-2 minutes, or until melted. Use a pastry brush to spread the garlic butter evenly over the bread. Bake at 200C for 10 minutes, or until crisp and golden.

### Top Tips

Add chopped sweet potato to the onions to add nutrition, flavour and texture.

If you don't have peppers, make this soup with any leftover veg.

Batch cook and make bags of soup for the freezer.



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