




Roasted Red Pepper & Tomato Lentil Soup

 12 ingredients  45 minutes  5 servings

Directions

1. Preheat oven to 425 and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
2. Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
3. Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
4. Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
5. Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens Top with chopped baby spinach.

Ingredients

- 2 Tomato (cut in half)
- 3 Red Bell Pepper (halved and seeds removed)
- 1 Sweet Onion (coarsley chopped)
- 3 Garlic (cloves)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **cup** Dry Red Lentils (uncooked)
- 3 **cups** Water
- 3 **cups** Organic Vegetable Broth
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 **tsp** Oregano
- 1/4 **cup** Cashews (raw, unsalted)