

Roasted Tomato and Lentil Soup



A delicious lentil soup with Mediterranean flavors. With roasted tomatoes, this soup is a true delight for the taste buds.

This recipe was created using ingredients found in the anti-waste box from our partner, [Improve](#), a NPO dedicated to reducing food waste and helping you save up to 30% on your grocery bill. It's a delicious way to support sustainability while unleashing your culinary creativity!

Preparation 10 min
Cooking 75 min
Servings 4
Nutrition Facts (per serving)
Calories 500
Fat 14
Carbohydrates 70
Fibre 14
Protein 25
Sodium 440

Ingredients

- 2 medium white onions, peeled and roughly chopped
- 3 tomatoes, roughly chopped

- 3 red or yellow bell peppers, roughly chopped
- 1 bulb of garlic, cut at the base
- 30 ml (2 tbsp) extra virgin olive oil
- 1L (4 cups) water
- 2 cans (398 ml each) unsalted whole tomatoes
- 375 ml (1 ½ cups) dry red lentils, rinsed
- 15 ml (1 tbsp) dried oregano
- 1 cube (10 g) vegetable bouillon
- Juice of half a lemon (or 15 ml/1 tbsp)
- 1 pack (28 g) fresh basil

To serve

- 4 slices of whole grain bread, toasted (such as St-Méthode sprouted wheat bread)
- 20 ml (4 tsp) spicy oil
- Fresh parsley, chopped, to taste
- Pepper, to taste

Preparation

1. Preheat the oven to 175°C (350°F).
2. Place all the vegetables (onions, tomatoes, bell peppers, garlic) on a parchment paper-covered baking sheet and drizzle with olive oil. Roast for 40 minutes in the oven.
3. After roasting the vegetables, bring the water to a boil and add the roasted vegetables (except garlic), canned tomatoes, lentils, oregano, and bouillon. Stir.
4. Reduce heat to low and simmer for 30 minutes, stirring regularly.
5. After 30 minutes, add the garlic, lemon juice, and basil to the pot, and blend until smooth using an immersion blender.
6. Serve the soup by adding 5 ml of spicy oil per bowl, parsley, and pepper to taste, along with a slice of toasted bread.

Notes

Can be kept in the refrigerator for 3 days. Can be frozen for 2-3 months.



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