

One-Pot Lentil and Tomato Soup



Serves: 4



Total Time: 25 minutes



Estimated Cost: \$2.50

Ingredients

- 1 cup dried red lentils, rinsed,
- 1 can (28 oz) crushed tomatoes,
- 3 cups broth,
- 3 cloves garlic, minced,
- 1 tsp cumin,
- Salt and pepper,
- Olive oil



Instructions

- 1 Heat a drizzle of olive oil in a large pot over medium heat. Add the garlic and stir for about a minute.
- 2 Pour in the tomatoes and broth, then add the lentils and cumin. Bring to a boil, then reduce the heat and simmer uncovered for 20 minutes, stirring occasionally.
- 3 Season with salt and pepper.
- 4 Serve with crusty bread, or scoop over brown rice to stretch it further.

Simple, hearty,
and budget-friendly
comfort in
just one pot!

