



TOMATO & LENTIL SOUP WITH FOCACCIA

After-school club: This recipe provides a portion of protein from the lentils, a portion of vegetables from the tomatoes & onions. Bread provides a portion of starchy food.

Recipe adapted from: Food for Thought, Liverpool.

Ingredients

For the soup:

25ml (1½tbsp) olive oil
2kg tomatoes, sliced in half
1kg onion, peeled, sliced
16g (4 cloves) garlic
1.4L water
3g (1 tbsp) dried basil
24g (1 tbsp) honey
15ml (1 tbsp) honey
30g (2 tbsp) tomato puree
500g red lentils

For the focaccia:

1kg strong bread flour
14g (4 tbsp) dried active yeast
8g (2 tsp) salt
100ml olive oil
15g fresh rosemary
250ml hand warm water

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.

Method

To prepare the soup:

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Roast the halved tomatoes in the oven for 15 minutes.
3. Heat the olive oil in a pan, add the onions and garlic and soften for 10 minutes, stirring regularly.
4. Add the roasted tomatoes to the onions and cook for a further 10 minutes.
5. Add enough water to just cover the vegetables and cook for a further 10 minutes.
6. Purée the soup in a blender with dried basil, honey, vinegar, and tomato purée.
7. Wash the lentils, add to the soup and cooking for 15 minutes or until the lentils are cooked.

To prepare the bread:

1. Add the bread flour to a mixing bowl add the dried yeast and salt.
2. Add most of the olive oil and the warm water to make a soft dough – the consistency will be a little sticky.
3. Knead the dough for 10 minutes until soft and elastic, adding a little flour if the mixture becomes too sticky, tip out into a baking tray pressing into the corners.
4. Prove for one hour in a warm place, then spike with rosemary and drizzle with the remaining olive oil.
5. Preheat the oven to 200°C/400°F/gas mark 6.
6. Bake the bread in the oven for 20- 25 minutes and serve warm.



Number of portions this recipe makes:

25 primary servings (265g)
12 secondary servings (550g)



Prep: 30 minutes, plus 1 hour to prove bread.

Cook: 1 hour



Allergy information:

Wheat (gluten)



Top Tips

Use half wholemeal and half white strong bread flour for the Focaccia.

Serve the soup in insulated biodegradable cardboard cups.