

Red Lentil Soup

Don't be put off by the word lentil, these lentils are so small and fine they disappear in the cooking. This is delicious and goes a long way during these times where we have to be resourceful. The lemon adds a refreshing taste.

1 Tbsp oil

2 large onions or leeks (I use one of each)

5 cloves minced garlic

1 Tbsp minced ginger

Salt and pepper

1 Tbsp ground cumin

¼ tsp cayenne pepper

1 can of chopped tomatoes

1 small lemon

1 cup red lentils

6 -7 cups of vegetable stock (or any stock or broth)

Maple syrup or honey

Fresh coriander or parsley for garnish.

Heat oil and add onion, garlic and ginger and sauté for few mins.

Add salt, cumin and cayenne pepper, stir for minute.

Add tomatoes, 3-4 whole slices of lemon (with the skin) and the lentils and cover with the stock and stir well.

Bring to the boil and simmer for 30 minutes until lentils are soft. Add a squirt of maple syrup or honey.

Serve garnished with fresh coriander or parsley and top with a slice of lemon. Enjoy with warm crusty bread.

Instant Pizza Base

In a large sized bowl add:

1 ½ cups of warm water

1 ½ tsp dry yeast

1 ½ tsp sugar

Stir vigorously and leave for five minutes.

Add 1 ½ tsp salt (I use less)

3 Tbsp oil

3 ½ flour (may need to add more later if sticky)

Stir to combine and leave to rest for five minutes.

Spread out on an oven tray lined with baking paper. Leave this aside while you prepare your favourite pizza toppings.

This makes a large oven tray sized base and once cooked will be a thick but light base. Feeds a hungry group of teens 😊

If you don't have pizza sauce on hand...

Try blending a can of chopped tomatoes

Half an onion

Garlic

Salt and Pepper.