

# CHORIZO & LENTIL SOUP

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

1 teaspoon extra-virgin olive oil  
8 ounces chorizo – diced  
2 cloves garlic very finely chopped or crushed  
28 ounces diced tomatoes with their juice  
1 cup water  
1 teaspoon smoked paprika  
1 teaspoon kosher salt  
½ teaspoon fresh ground black pepper  
2 cups lentils – boiled or canned (rinsed and drained)  
2 tablespoons flat-leaf parsley – finely chopped

### Preparation:

Place a suitable pot on medium-high heat and add the olive oil.

When the oil is hot, add the chorizo and cook for five minutes, stirring occasionally.

Add the garlic, stirring often for one minute.

Add the tomatoes, water, smoked paprika, salt and pepper, then turn heat to high and bring to a boil.

Reduce heat to simmer for three minutes.

Stir in the lentils and simmer for two minutes.

Remove from heat, stir in parsley and serve.

### Nutritional Information Per Serving:

Calories: 318

Fat: 9g

Carbs: 35g

Fibre: 12g

Protein: 27g