

## **Butternut Squash, Red Pepper and Lentil Soup**

Ingredients:

1 onion, chopped  
2 cloves of garlic, crushed  
1 red chilli  
400g tinned tomatoes  
100g red lentils  
100g bacon (this can be omitted for a vegetarian option)  
1 small butternut squash, chopped,  
1 or 2 red peppers, chopped

salt and pepper  
Greek yoghurt to serve  
zest of a lemon

Sauté the onions, chilli and garlic in a little olive oil until transparent. Add the bacon if used. Add the vegetables and lentils, salt pepper and cover with water. Let it boil until cooked and liquidise in a blender. Add the lemon zest and yoghurt and serve.