



Tomato & Lentil Soup

- 1 oz dripping
- 4 bacon rinds
- 1 large onion, sliced
- 1 lb tomatoes, cut in quarters
- 4 oz lentils
- 2 pints stock or water
- 1 bay leaf
- 1 level teaspoon sugar
- Salt and pepper to taste
- 3 level tablespoons flour



Melt the dripping in a saucepan, add the bacon rinds and onion and fry gently for a few minutes.

Add the tomatoes and cook for a few minutes longer.

Wash the lentils and put into the saucepan with the stock or water, bay leaf, sugar and seasoning.

Cover with a lid and bring the soup to a boil.

Reduce the heat and boil very gently until the lentils are tender - about 1 1/4 hours.

Rub through a sieve and return the puree to the pan.

Blend the flour to a smooth paste with cold water, add to the soup, and bring to the boil, stirring all the time.

Boil gently for 5 minutes and add more seasoning if required.

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations. This leaflet from February/March 1951 has recipes to 'bring variety into your menus'.