

# Healthy delicious Lentil and Tomato soup

At this time of the year, many of us are still trying to maintain our resolutions of eating more healthily and doing more cooking at home. When life is busy with either work or kids it gets very difficult to stick to your turn-of-the-year resolutions.

This [healthy and delicious Lentil and Tomato soup recipe](#) will not only help you give a big tick to the 'healthy eating' portion of any given day's to-do list, but it's also a cheap and quick soup to rustle up any day of the week.



Trust me, this tomato and lentil soup is pure comfort food. You can [find the recipe on Standard Issue](#). Roasting the vegetables adds sweetness and lots more flavour to the dish. You can keep the leftovers in the fridge for two or three days and it's also great for packed lunches.

Enjoy!