

Carrot and Lentil Soup

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Lentils make this soup wonderfully thick and creamy - carrots, lentils, stock and spices are simmered together, then blended until smooth. Easy peasy! It's vegetarian friendly, too!

Ingredients:

1 litre vegetable stock
190g red lentils
1 onion
3 carrots
1 celery stalk
1 tsp. dried coriander
1 pinch chilli powder
1 pinch ground ginger
Salt and pepper

Directions:

1. Finely dice the onion and celery stalk. Peel and dice the carrots. Place the lentils, onion, carrots, celery, coriander, chilli powder and ground ginger into a large saucepan. Pour in the vegetable stock.
2. Bring to the boil and reduce to a simmer. Cook for 25 minutes, or until the lentils and carrots are tender.
3. Blend the soup until smooth using a hand blender or put it into a food processor. Season to taste with salt and pepper and serve warm.

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