

Creamy carrot & red lentil soup



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Ingredients:

- 2 tbs olive oil
- 1 medium brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 750g carrots, peeled and roughly chopped
- 5 cups chicken stock
- 1/2 cup canned red lentils, rinsed and drained
- 1/4 cup reduced fat sour cream
- salt and ground black pepper
- toasted wholegrain bread, to serve

Health benefits of garlic:

- Contains antioxidants and sulphur compounds that may help defend the body against infection.
- If consumed in sufficient quantities, garlic may have favourable effects on cholesterol.

Method:

1. Heat oil in a large saucepan over medium heat until hot. Add onion and garlic and cook, stirring occasionally, for 5 minutes. Stir in cumin and cook, stirring constantly, for 1 minute.
2. Add carrots to pan and cook, stirring often, for 5 minutes. Stir in stock and lentils. Cover and bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally, for 30–35 minutes or until lentils and carrots are tender.
3. Using a blender or food processor, puree soup until smooth. Stir through sour cream. Season with salt and pepper to taste. Heat, stirring often, over low heat until hot. Serve with toasted wholegrain bread.

Serves: 4

Preparation: 20 minutes

Cooking: about 45 minutes