

Creamy carrot & red lentil soup



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Preparation: about 20 minutes

Cooking: about 45 minutes

Serves: 4

2 tbs olive oil

1 medium brown onion, finely chopped

2 garlic cloves, crushed

2 tsp ground cumin

750g carrots, peeled and roughly chopped

6 cups chicken or vegetable stock

1/2 cup canned red lentils, drained and rinsed

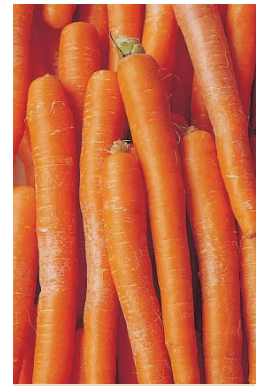
1/2 cup reduced fat sour cream

salt and freshly ground black pepper

toasted wholegrain bread, to serve

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring occasionally, for 5 minutes. Stir in cumin and cook 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 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.

Note: This soup thickens on standing, add extra stock if necessary.



Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Chewing carrots stimulates production of saliva and helps clean the teeth.