Creamy carrot & red lentil soup

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Preparation 20 mins | Cooking 55 mins | 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
½ cup canned red lentils, drained and rinsed
½ cup reduced fat sour cream
toasted wholegrain bread, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring occasionally, for 3-4 minutes until softened. Stir in cumin and cook for 1 minute.

STEP 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.

STEP 3 Using a stick blender, 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.

Good for you... *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 normal vision.
A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system.
Provide dietary fibre, whether raw or cooked.