

Carrot ginger lentil soup

This flavourful, bright soup makes for a comforting lunch or delicious starter.



Vegetarian



Freezer-friendly



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
6

Ingredients

- 10 mL (2 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 30 mL (2 tbsp) fresh ginger, finely grated
- 5 mL (1 tsp) ground cumin
- 1 mL (¼ tsp) black pepper
- 5 large carrots, peeled and chopped
- 250 mL (1 cup) dry red lentils, rinsed
- 5 cups vegetable broth, no added salt

Directions

1. Heat oil in a large pot. Add onions and sauté over medium heat, stirring often, for about 2 minutes.
2. Add garlic, ginger, cumin, black pepper and carrots and sauté for another 2 minutes, stirring frequently.
3. Add lentils and stir to combine. Add vegetable broth and bring to a boil.
4. Turn down heat and simmer, covered, for about 25 minutes, until lentils are cooked and carrots are soft.
5. Remove from heat. Ladle into blender in batches or alternatively, using an immersion blender, puree soup until smooth.

Tips

- ✓ If you don't have fresh ginger, **substitute** it for ½ tbsp of ground ginger. Substitute the garlic cloves for ½ tsp of garlic powder.
- ✓ **Time saver:** double this recipe and freeze extra servings for another day.
- ✓ **Like creamy soups?** Try serving with a dollop of lower fat plain yogurt.



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