

# From our kitchen to yours



## Carrot Ginger Lentil Soup

*TOTAL TIME: 45 min YIELDS: 6 servings*

### Ingredients:

2 tsp	canola oil	1/4 tsp	ground black pepper
1	onion, chopped	5	large carrots, peeled and chopped
2 cloves	garlic, minced		
2 tbsp	fresh ginger, grated	1 cup	dry red lentils, rinsed
1 tsp	cumin	5 cups	vegetable broth (no added salt)

### Directions:

Heat oil in a large pot. Add onion and sautee over medium heat, stirring often for about 2 minutes.

Add garlic, ginger, cumin, black pepper and carrots. Sautee for another 2 minutes, stirring frequently.

Add lentils and stir to combine. Add vegetable broth and bring to a boil.

Turn down heat and simmer, covered for about 25 minutes until lentils are cooked and carrots are soft.

Remove from heat. Ladle into a blender in batches or use an immersion blender to puree the soup until smooth.

