

CARROT AND LENTIL SOUP

INGREDIENTS

2 tsp cumin seeds
2 tablespoons olive oil
4 cups (washed and grated)
 $\frac{3}{4}$ cup split red lentils
1 litre vegetable stock
 $\frac{1}{2}$ cup whole milk
Plain Greek yogurt

PREPARATION

1. Heat a large pan and dry-fry the cumin seeds for 1 minute, or until they start to jump around the pan and release their aromas.
2. Scoop out about half and set aside. Add olive oil, carrots, red lentils, vegetable stock, and milk to the pan and bring to a boil.
3. Simmer for 15 minutes until the lentils have swollen and softened.
4. Blend the soup with an immersion blender until smooth.
5. Add the remaining lentils and salt to taste.
6. Serve with a dollop of yogurt on top.

Recipe adapted from www.bbcgoodfood.com

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