lentil, Sweet Potato, & Carrot Soup



Ingredients

- 3 (around 300g) medium-sized carrots, peeled and cut into chunks
- 1 (around 400g) small sweet potato, peeled and cut into chunks
- 3 (around weight) sticks celery, sliced (optional)
- 2 garlic cloves, crushed

- 1 tsp turmeric
- 1 tsp ground coriander
- 1 litre stock (use 2 x vegetable or chicken stock cubes)
- 60g red lentils, rinsed
- Oil, for frying (use coconut oil if you have it)

Method

- 1. Heat the oil in a saucepan. Add the garlic and spices and cook for 1 minute. Stir through the carrots, sweet potato and celery.
- 2. Pour in the stock. Stir in the lentils, bring to a gentle simmer and cook for 20-25 mins until all the vegetables are tender.
- 3. Take off the heat and blend with a hand blender. Add salt and pepper to taste. Serve with crusty bread.