



Carrot and lentil soup

Ingredients

Serves 4

- $\frac{3}{4}$ cup (142g) dried brown lentils
- 3 cups (750ml) reduced salt vegetable stock
- 4 medium carrots (130g each) chopped
- 1 x 200g corn cob, kernels removed

Nutritional Information per serve

Kilojoules	910
Total Fat	2g
-Saturated Fat	0.5g
Sodium	561.8mg
Carbohydrates	32.3g
-Sugar	11.2g
Fibre	10.7g
Protein	11.7g

Method

1. Add all the ingredients to a saucepan and bring to the boil over medium heat.
2. Reduce heat and simmer gently until the carrots are tender, 20-30 minutes.
3. Cool, then transfer, in batches, to a blender and puree until smooth.
4. Season to taste.

OPTIONAL: Serve this yummy soup with carrot chips and a slice of toasted wholegrain bread.