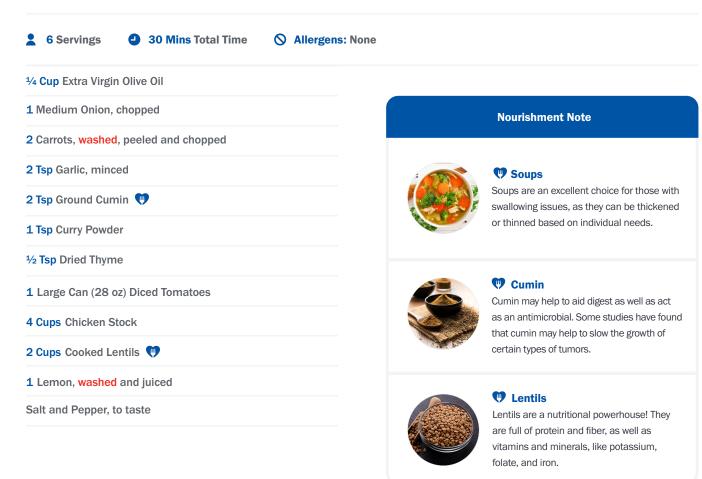






# Ingredients





# Instructions

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Cook Over Medium Heat

In a large stockpot, heat the olive oil over medium-high heat. Add the carrots and onions and cook until softened, about 5 minutes. Stir in the garlic, cumin, curry and thyme. Once fragrant, add the diced tomatoes.

#### 3. Add Broth & Seasoning

Pour in the broth and season with salt and pepper, to taste. Add the cooked lentils and mix well.

#### 4. Puree Ingredients

Remove two cups of soup (or more if desired) from the stockpot and puree in a blender or with an immersion blender. Return pureed soup to the pot and raise temperature of burner to heat soup throughout.

#### 5. Serve & Enjoy

Remove the soup from the heat and squeeze in lemon juice. Adjust seasonings accordingly and serve immediately.

#### 6. Store

Soup can be stored in an airtight container in the refrigerator for up to three days.

## 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: cookieandkate.com

## What You'll Need

Ť	Large Stockpot
	Measuring Cups
E E	Measuring Spoons
ſ	Knife
	Cutting Board
7	Vegetable Peeler
Ĥ	Can Opener
Ē	Blender/Immersion Blender

### **Fatigue Buster**

- Purchase shredded carrots instead of peeling and cutting carrots.
- Purchase pre-squeezed lemon juice; 1 lemon equals approximately ¼ cup lemon juice.
- If you can't find cooked lentils, simmer the soup until the lentils are tender, about 15-20 additional minutes.
- Freeze soup in an airtight container for up to 3 months.