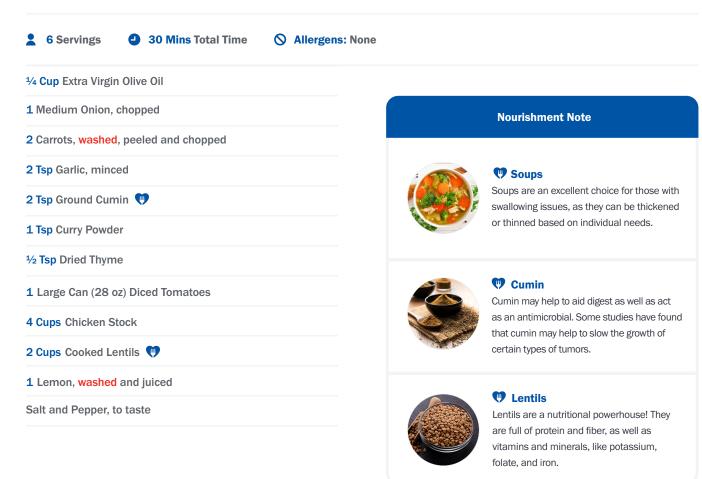






Ingredients





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.