

Carrot and Lentil Soup

Equipment needed –

Chopping board, small knives, large saucepan, measuring cups, garlic press, colander, hand blender,
12 small bowls

Ingredients from the Pantry –

- 3 large brown onions finely chopped
- • 9 large carrots
- • 6 cloves of garlic crushed
- • 3 sticks of celery, coarsely chopped
- • Bunch of parsley finely chopped

Ingredients from the Garden –

- 6 cups of vegetable stock
- • 1 tablespoon of ground cumin
- • 2 cups of water
- • 1 can of brown lentils
- • 3/4 cups of buttermilk

What to do –

1. Measure out 1 cup of vegetable stock. Heat it in a large saucepan.
2. Finely chop the onion. Then peel and crush the garlic.
3. Chop the carrots and wash and chop the celery.
4. Cook the onion, 3 cloves of garlic and cumin in the vegetable stock until the onion softens.
5. Add the carrots and celery. Cook stirring for 5 minutes.
6. Add 5 cups of vegetable stock and 2 cups of water. Bring to the boil. Reduce heat and simmer for about 15 minutes or until the carrots soften.
7. Blend the soup with a hand blender until the soup is smooth.
8. Meanwhile open the can of lentils and drain in a colander over a sink.
9. Add the lentils and simmer for another 5 minutes.
10. Wash and finely chop the parsley.
11. Measure out the buttermilk. Stir the buttermilk into the hot soup.
12. Divide the soup into 12 small bowls.
13. Garnish with the finely chopped parsley

Serves –

- 28 children