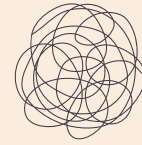




WHAT TO COOK WHEN YOU...
NEED COMFORT

Warm Inside Soup



This wonderful winter soup full of warming spices and vitamin A is the perfect grounding comfort food to stoke the fire inside, as well as supporting your immune system and gut health through the colder months.



SERVES: 4-6

Recommended additions include garlic bread, toasted focaccia bread or warm Naan bread. Best served with a generous dollop of plain greek yogurt on top.

DIETARY INFORMATION:

Gluten free

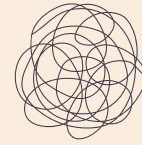
Dairy free

Vegetarian

STORAGE:

Fridge, up to 5 days in airtight container.

Freezer, up to 2 months in airtight container.



INGREDIENTS

- 1/4 cup butter
- 2 large sweet potatoes, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 apple, peeled, cored, and chopped
- 1 onion, chopped
- 1/2 cup red split lentils
- 1 tsp salt
- 1/2 teaspoon minced fresh ginger
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin

METHOD

STEP ONE: Melt butter in a large soup pot over medium-high heat. Add sweet potatoes, carrots, apple, and onion; sauté until onion is transparent, about 10 minutes.

STEP TWO: Add the ginger, cumin, turmeric, chilli powder, pepper, salt, paprika and lentils into the pot and stir for a few more minutes until fragrant.

STEP THREE: Add in the vegetable stock and turn up to high heat to bring to a boil. Once boiling, reduce the heat to medium-low, cover, and simmer for about 30mins until the lentils and vegetables are soft.

STEP FOUR: Purée the soup in the pot with an immersion blender until smooth. If using a benchtop blender allow the soup to cool to luke-warm temperature first.

STEP FIVE: Return soup to the pot and increase the heat to medium-high. Cook for about 10 minutes until simmering. Add water as needed to thin the soup to your preferred consistency.