

# Carrot Apple Soup

## Ingredients

- 1 tablespoon (15 mL) canola oil
- 6 carrots (about 1 1/4 lb/625 g), chopped
- 1 large onion, chopped
- 1 tablespoon (15 mL) mild curry powder or paste
- 1 cup (250 mL) brown or green lentils
- 2 teaspoon (10 mL) dried thyme leaves
- 4 cloves garlic, minced
- 4 cups (1 L) water
- 2 cups (500 mL) sodium reduced vegetable broth
- 2 empire, golden delicious or cortland apples, cored and chopped
- Hot pepper sauce (optional)

## Instructions

1. In a soup pot, heat oil over medium heat and cook carrots, onion and curry powder for about 5 minutes or until onion softens. Stir in lentils, thyme and garlic. Pour in water and broth; bring to a boil. Reduce heat; cover and let simmer for 20 minutes. Add chopped apples and simmer for about 20 minutes or until lentils and carrots are tender.
2. Puree soup in blender or food processor in batches until smooth and return to a clean pot. Heat through and stir in hot pepper sauce to taste if using.
3. Tip: This soup freezes well in an airtight container for up to 2 weeks.

Prep Time	Cook Time	Servings
20 minutes	45 minutes	10



## Nutrition Facts

Calories	124
Protein	6 g
Total Fat	2 g
Carbohydrate	22 g
Fiber	5 g
Sugars	7 g
Sodium	128 mg
Potassium	386 mg