



Carrot and Parsnip Soup with Red Lentils

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 8

PREPARATION: 20 MINUTES

COOKING: 40 MINUTES

INGREDIENTS

- 30 ml (2 tbsp) olive oil
- 2 yellow onions, coarsely chopped
- 2 garlic cloves, pressed or minced
- 560g (4 cups) sliced carrots
- 420 g (3 cups) sliced parsnips
- 15 ml (1 tbsp) fresh ginger, grated
- 2.5 ml (1/2 tsp) ground cumin
- 2.5 ml (1/2 tsp) ground turmeric
- 2.5 ml (1/2 tsp) curry powder
- 2 pinches cayenne pepper
- 1 ml (1/4 tsp) salt
- 200 g (1 cup) dry red lentils, rinsed and drained
- 1 litre (4 cups) chicken stock (or vegetable stock for a vegan version)
- 250 ml (1cup) canned coconut milk

PREPARATION

1. In a large saucepan heat oil. Add onions, garlic, carrots and parsnips.
2. Cover and cook over low heat for about 10 minutes, stirring frequently. Add a little water if necessary, to make sure the vegetables do not stick to the bottom of the pan.
3. Add ginger, spices and salt. Cook for 1 minute, stirring.
4. Add lentils, chicken (or vegetable) broth and coconut milk.
5. Bring to a boil, cover and simmer for about 30 minutes over low heat, until vegetables are cooked through.
6. Reduce to desired consistency in a blender. Add a little water, if necessary, to obtain the desired consistency. Adjust seasoning to taste.



This protein-rich soup enchants with its tasty blend of spices inspired by Indian cuisine.

HEALTH TIP

* Parsnips are among the so-called "old fashioned" vegetables that we sometimes forget to incorporate into our diet. Rich in vitamins and minerals including magnesium, phosphorus and potassium, parsnips bring a special touch to this soup with its naturally sweet taste. Enjoy this winter vegetable in several forms: soup, puree, or by combining it with other vegetables such as potatoes, sweet potatoes, carrots or turnips.