



Spicy Carrot and Lentil Soup

Carrots, Red Lentils and a kick of spice make this soup a real heart warmer. Packed with immune boosting Iron, Vitamin A, Vitamin C and Fibre this soup is a favourite for the Just Me team.

Ingredients

- 2 tsp Red Lentils
- 1 med carrot Carrots Diced
- half a stick Celery Diced
- half a small onion Red Onion Diced
- half a teaspoon Tomato Purée
- 1 clove Garlic clove minced
- half a teaspoon Curry powder or garam masala
- 200ml Vegetable stock

Instructions

1. You can make this soup either smooth or chunky. You make it your way .
2. Add all the vegetables and lentils to the machine
3. Add the spices, garlic and tomato purée
4. Either use your own stock or make up 200ml of stock using half a stock cube or stock pot and water, pour into the machine

5. Switch on the power and attach the lid. Make sure the shape of the lid aligns with the shape of the cup. When the lid is aligned correctly the beeping will stop
6. The machine will automatically light up the 'Smooth' function. Press the start button to commence the Smooth program
7. This program will begin by gently cooking your ingredients, after several minutes the blending cycle will begin
8. The program will run through several cycles of blending and cooking. When the program is finished the machine will beep 3 times. Remove the lid and serve your delicious soup!
9. If you prefer this soup to be chunky, simply select the chunky program. The chunky program will not blend your ingredients, it will simply cook the vegetables and flavours together.