

Creamy Carrot and Red Lentil Soup



Serves	4
Prep time	5 hours, 15 minutes
Cook time	45 minutes
Total time	6 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Soup
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot

Ingredients

- 2 tablespoons Sunflower oil
- 8 Spring onions (finely chopped)
- 2 cloves Garlic (crushed)
- 750g Carrots (roughly chopped)
- 6 cups Home made chicken or vegetable stock (refer to Basics page)
- 1/2 cup Dried red lentils (soaked in water for 5 hours then drained)
- 1 cup Low fat butter milk
- Salt

Directions

1. Heat the oil in a large saucepan, then add the spring onions and garlic. Cook for 1 to 2 minutes until softened.
2. Add the carrots to the pan, and cook, stirring frequently for about 5 minutes.
3. Add the stock and lentils to the carrots. Cover and bring to the boil. Reduce the heat and allow to simmer until the carrots and lentils are tender, about 30 to 35 minutes.
4. Purée the soup in a food processor or blender, then return to the saucepan. Stir in the butter milk and season with salt. Reheat over low heat until hot.
5. Serve.



Note

Moderate Salicylates, Low Glutamates, Low Amines

Refer to Basics page for [home made stock recipes](#).