Carrot & Red Lentil Soup

A smooth carrot and red lentil soup with cumin, ginger and lemon. The lentils thicken it without cream.

Prep 10 min **Cook** 25 min **Serves** 4

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 yellow onion, diced
- ☐ 1 lb (450 g) carrots, peeled and thinly sliced
- ☐ 2 garlic cloves, minced
- ☐ 2 tsp grated fresh ginger
- ☐ 1 tsp ground cumin
- ☐ 3/4 cup (150 g) dried red lentils, rinsed
- ☐ 4 cups (960 ml) vegetable broth
- ☐ 1 tbsp lemon juice, plus more to taste
- ☐ 1/4 tsp fine salt, adjusted for the broth
- ☐ 2 tbsp chopped parsley, to finish



Spoon & Joy recipe illustration.

Before you start

Use red lentils
Brown or green lentils hold their shape and take longer; they will not give this soup the same smooth texture.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Warm the olive oil in a saucepan over medium heat. Cook the onion with a pinch of the salt for 5 minutes until softened.
2. Add the carrots, garlic, ginger and cumin. Stir for 1 minute.
3. Add the rinsed lentils and vegetable broth. Bring to a simmer, then partly cover and cook gently for 20-25 minutes, stirring occasionally, until the carrots are very tender and the lentils have broken down.
4. Take the pan off the heat. Blend carefully with an immersion blender until smooth. Add a little water if the soup is thicker than you like.
5. Stir in the lemon juice and remaining salt as needed. Divide between bowls and finish with chopped parsley.

Storage & making ahead

Refrigerate in shallow covered containers for up to 3 days, or freeze for up to 2 months for best quality. Thin with water when reheating and heat leftovers to 165°F (74°C).

Season after blending Broths vary in saltiness, and the soup reduces as it cooks. Taste before adding the final salt.

Read this recipe on Spoon & Joy