

Spicy carrot, red lentil and red pepper soup



I love winter soups. Often I invent them based on whatever vegetable(s) I have an over-abundance of, as was the case with this recipe after being able to buy carrots only in a large bunch rather than individually and also having a lone red pepper lurking in the fridge.

Ingredients

1 onion, chopped	1 small red pepper, chopped
2 cloves garlic, finely sliced	4 carrots, roughly diced
½-1 small red chilli, sliced & deseeded	¾ cup red lentils
½ teaspoon cumin	1 litre vegetable or chicken stock
Olive oil	

Method

Heat a good glug of olive oil in a frying pan and sauté the onions slowly until they begin to soften. Add the garlic, red chilli and cumin and fry for another few minutes. Add the red pepper and carrot and cook for about 5 minutes until all the veg is slightly softened and coated in spicy oil. Stir in the red lentils and the stock, bring to a boil and simmer for 15-20 minutes until all the vegetables are quite soft and the lentils are cooked. Whizz with a hand blender or in a liquidiser until smooth and creamy. You can add some cream for extra indulgence, but I usually try to resist this temptation!

If you're feeling fancy, garnish with some slices of red chilli and/or croutons. Serve with some crusty bread.

A recipe from the galley of *Pipit*



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