

# Food Babe's Protein Rich Carrot Ginger Lentil Soup



Prep Time:	Cook Time:	Total Time:	Serves:
30 mins	45 mins	1 hr, 15 mins	6

<https://foodbabe.com/protein-rich-soup-carrot-ginger-with-lentils>

## Ingredients:

- 1 ½ cups yellow split lentils
- 2 teaspoons coconut oil
- 1 yellow onion, diced
- 1 pound carrot, diced
- 2 teaspoons garlic cloves, minced
- 2 tablespoons ginger root, minced
- 1 teaspoon cinnamon
- ⅛ cup maple syrup - grade B
- 1 bay leaf
- 4 cups vegetable broth (without yeast extract)
- 2 cups filtered water
- 1 pinch sea salt, to taste
- 1 pinch fresh ground pepper, to taste

## Instructions:

1. Soak yellow lentils for at least 8 hours or overnight.
2. In a large pot, heat coconut oil on medium.
3. Sautee onions and carrots for about 5 minutes.
4. Next add ginger, garlic and cinnamon and cook another 2-3 minutes.
5. Add all other ingredients including the soaked lentils, bring to a boil and then reduce heat and simmer for at least 30 minutes.
6. Before pureeing make sure lentils are soft but still intact – if they are still hard, simmer for another 10 minutes or so.
7. Remove bay leaf, then puree soup in batches using a blender or directly in the pot using a hand blender.
8. Serve immediately.

## Notes:

- It's hearty and satisfying and goes perfectly with a nice raw green salad.
- \*\*\*Please buy all organic ingredients if possible\*\*\*