

1. Put oil, onion and celery in microwave bowl cover and cook on HIGH 3 minutes.
2. Add carrots, lentils, cumin, coriander and half the stock. Cover and cook on HIGH for 10 minutes.
3. Add the rest of stock and cook on HIGH for 3 minutes.
4. Blend and serve with crusty wholemeal bread.

1tbs vegetable oil  
1 onion, chopped  
2 sticks of celery, chopped  
2 carrots, grated  
55g (2oz) split red lentils  
1 tsp ground cumin  
1 tsp ground coriander  
850ml (1.5 pts) vegetable stock  
Black pepper

SOUP

***'What's Cooking!' Recipe Card*****SPICY CARROT AND LENTIL SOUP****Food Fact:-**

**Carrots are valuable for cancer protection, the heart and eyesight.**

**Lentils contain folic acid which is vital for growth and development.**

**Preparation time** 5 MINS

**Cooking time** 15 MINS

Serves 6