



Wolf Pine Farm

Community Supported Agriculture

Carrot Lentil Soup

(Dinner for 4 & Lunch for 4+)

This soup was made for us by a friend years ago. She jotted down the rough recipe and we've continued to adjust it to fit various sized pots and to meet a variety of dietary requirements. It has a mild spiciness (not hot, just flavorful) and a hint of sweet (from the raisins). It is usually enjoyed by the moderately adventurous kid. And... leftovers do freeze well. It makes an easy and filling thermos soup. This is a very flexible recipe, so it is OK to add a little more or a little less of any of the ingredients. Be sure that the lentils are always covered by water during cooking.

Ingredients:

2 tablespoons butter (or olive oil)
1-2 cups chopped onions
2 teaspoons mild curry powder
1 teaspoons fennel seeds
8 cups water (add more if needed toward end of cooking)
3 cups brown lentils
6 cups chopped carrots, about ½" chunks (around 2lbs. of carrots)
½ - 1 cup of golden raisins*
1 ½ tsp. salt (or to taste)
½ tsp. pepper (or to taste)

*Note: Use golden raisins if you can find them, but use regular raisins if that is what you have on hand. It is best not to leave these out as they are part of what make this soup so good and so unique.

Instructions:

Melt the butter (or oil) in your soup pot. Add chopped onions and sauté on medium heat for about 10 minutes, until golden. In the last minute add the curry and fennel seeds. Add all of the other ingredients including the salt and pepper and bring to a boil. When it boils, turn heat to lowest setting and cover. Set timer for 30 minutes. At 30 minutes, if carrots and lentils are tender you can shut it off. Check it every 10-15 minutes until the lentils and carrots are done to your liking. Adjust the salt by adding an additional ¼ tsp. at a time, stirring and letting it sit. Don't over salt. This soup develops better flavor if allowed to sit overnight in the fridge. You may need to add extra water to reheat. Enjoy!!!