Vegan Monday: Red Lentil Soup With Carrots - Oh, Dear Comfort Food!

Ingredients:

Difficulty: Easy
(serves 3-4)

2 tbsp olive oil
1 big onion, diced
1 tbsp all-purpose flour (you can use rice flour or corn flour to make it gluten free)
1 tbsp tomato paste
4-5 small or 2-3 big carrots (around 120-130 gr.), chopped in small pieces
250 gr. red lentil
min. 1 lt. vegetable broth (or water), put more if you want it more liquid
1 tsp cumin
salt and pepper to taste

To serve (all optional):
croutons
parsley
heated olive oil with ground red pepper

Instructions:

1. In a medium pot, put olive oil on medium high heat and warm for half a minute. Add onions and sauté for about 2 minutes.

2. Add flour and tomato paste and quickly stir for half a minute so that flour does not suddenly get too thick.

3. Add carrots and lentils, give it a quick stir.

4. Add 1 lt. vegetable broth or water, stir and let it cook. When the soup starts boiling, lower the heat and get the soup on a gentle simmer for about 10 to 15 minutes, until carrots and lentils cook.

5. When the soup is almost cooked, add cumin, salt and pepper, stir and cook for 2 more minutes. After that, turn off the heat and let the soup rest for 3 to 5 minutes.

6. If you want it smooth, then puree the soup using a (hand) blender. After that, if you think the soup is too thick, add a little bit more broth or lukewarm water and cook on low heat for a couple of minutes (I added 2 dl. more water in the end). Serve with the options given above or plain. Enjoy!