

Lentil soup with root vegetables

Ingredients

4 portions

2 dl red lentils

1 sweet potato

1 small parsnip

3 carrots

1 onion

2 cloves of garlic

1 tablespoon vegetable broth powder

2 cm ginger

caraway

smokey paprika powder

salt

lime juice

How to make:

Boil the lentils according to the instructions on the package.

Peel and cut potatoes, parsnips and carrots into pieces in a saucepan.

Peel and chop the onion and garlic.

Put everything in a saucepan and add water so it covers the root vegetables. Add vegetable broth. Let it boil until all the root vegetables are soft.

Pour off the boiling water but save it for later.

Put cooked lentils, root vegetables, ginger and spices in a food processor or blender. Mix to a smooth puree.

Add the water that you saved, a little at a time until you get the right consistency on your soup.

Taste with salt and lime juice.

Garnish with fresh parsley and chili flakes.