

Carrot and Lentil Soup

1 1/2 lbs (700 g) carrots, cut into chunks
1 red onion, cut into wedges
1/3 cup (100 ml) olive oil
1 teaspoon cumin
1 teaspoon chili flakes
5 sprigs thyme
4 cloves garlic
1 1/2 quarts (1 1/2 L) chicken stock
1/2 lb (250 g) red lentils
Crème fraîche or sour cream, to serve
Minced parsley, to serve

Preheat oven to 350° F (180° C). Spread the carrots and onion out on a sheet pan, drizzle with the olive oil, sprinkle with cumin and chili flakes, and season well with salt and pepper. Stir to combine. Add the thyme and garlic cloves (leave in their skins). Roast for 45 minutes, stirring halfway through.

Put the stock and lentils into a stock pot and bring to a boil. Simmer, covered, 15 minutes. Stir in the carrots and onions from the roasting tin and then also add the garlic, which you've removed from the skin, and the leaves from the thyme sprigs. Stir to combine and either blend with an immersion blender or cool before blending with a regular blender.

Serve topped with a dollop of crème fraîche or sour cream and a sprinkling of parsley.

Serves 6

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