Curried Lentil Soup

**Ingredients:**

15 ml olive oil

1/2 medium onion, diced

1 clove of garlic, minced

2.5 ml curry powder

1/2 carrot, diced

1/2 celery stalk, diced

1/2 potato, scrubbed and diced

60 ml dried red lentils, rinsed

750 ml chicken stock (1-1/2 cubes dissolved in 750 ml boiling water)

 salt and pepper to taste

15 ml fresh cilantro, chopped

**Method:**

1. Add oil to saucepan and heat at medium setting.

2. Add onion. Cook until tender and fragrant, about 4 min. Do not burn.

3. Add garlic, coo for 1 min.

4. Stir in carrots, celery, potatoes, lentils and chicken stock. Bring to a boil.

5. Season with salt and pepper. Simmer for 30 min.

6. Serve as is or puree in and electric blender for a smoother texture.

7. Sprinkle with fresh cilantro and serve in bowls.