

Corn and lentil soup

This deliciously flavoured soup is easy, filling and freezer-friendly. Serve with toasted whole wheat bread, dumplings, or pasta.



Kid-friendly



Vegetarian



Freezer-friendly



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
8

Ingredients

- 500 mL (2 cups) uncooked red split lentils
- 45 mL (3 tbsp) vegetable oil
- 2 onions, chopped
- 4 cloves garlic, sliced
- 2 mL (½ tsp) ground turmeric
- 7 mL (½ tbsp) salt
- 5 mL (1 tsp) black pepper
- 1 L (4 cups) lower sodium vegetable broth
- 750 mL (3 cups) water
- 30 mL (2 tbsp) chopped ginger
- 500 mL (2 cups) frozen corn

Directions

1. Wash lentils in a strainer until the water runs clear and reserve.
2. In a large pot, heat oil on medium heat. Add onions and cook for 2 to 3 minutes or until softened. Stir in garlic and cook for 1 minute. Add turmeric, salt, and pepper.
3. Add lentils, broth, and water. Bring to a boil and reduce to a simmer. Cook uncovered for 20 minutes or until the lentils are tender.
4. Stir in ginger and using a hand blender, blend until smooth.
5. Stir in the corn and return to a gentle simmer. Cook for 5 minutes to warm through.

Tips

- ✓ Little chefs will love measuring out ingredients and watch ingredients blend together. Chances are, because they've helped, they'll enjoy eating it too!
- ✓ If you don't have an immersion blender, carefully ladle some soup into a regular blender and blend until smooth.
- ✓ You don't need to blend the soup at all if you like it chunky.
- ✓ Store leftover soup in an airtight container in the freezer for up to 3 months.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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