

Curried Lentil Soup

Yield: 4-6 servings

Ingredients

2 Tbsp. (30 mL) butter	2 cups (500 mL) vegetable or chicken stock
1 onion, chopped	1 cup (250 mL) milk
2 stalks celery, minced	2 tsp. (10 mL) curry paste or powder
2 cups (500 mL) carrots, finely diced	salt and freshly ground pepper
1 cup (250 mL) potatoes, peeled, finely diced	1-1/4 cups (160 g/5.5 oz.) plain or jalapeño Canadian Havarti, cubed
1 1/2 cups (375 mL) canned lentils, drained, rinsed	2 Tbsp. (30 mL) fresh coriander, coarsely chopped

Preparation

In a large saucepan, melt butter over medium heat. Cook onion, celery, carrots and potatoes for 3 to 4 minutes.

Add lentils, stock, milk and curry. Salt and pepper to taste. Bring to a boil and simmer over low heat for 20 to 25 minutes or until vegetables are soft.

Purée soup in a blender or food processor (optional). Adjust seasonings.

To serve, place cheese in each bowl of soup and garnish with coriander.

PER SERVING (made with 1% milk & vegetable stock)

(approximate values)

Calories: 450

Calcium: 450 mg

Vitamin D: 30 IU