



Lentil and Butternut soup

Low GI

Ingredients

- **200g of Fresh Fusions Dhal / Lentil Blend ****
- 50ml butter
- 1 onion finely chopped
- 1 small butternut, diced
- 1 stalk fresh celery, sliced
- 2 cups vegetable stock
- 1 large tomato, chopped
- 40ml chopped coriander

Salt to taste

Method - (SERVES FOUR)

Heat a large heavy based saucepan and melt the butter.

Add onion and celery until softened.

Add butternut and **Dhal / Lentil Blend** and stir fry for 1 - 2 minutes until spices release their fresh aroma.

Add tomatoes and vegetable stock, bring to boil. Reduce the heat and simmer until the butternut is soft and the Dhal / Lentils are mushy. Add more stock if you need a thinner soup.

For a chunky soup, leave as is and garnish with coriander or for a smooth textured soup the mixture can be liquidised.

Garnish with fresh parsley or coriander. Swirl some cream or plain yoghurt over soup before serving.

Serve with crusty bread or rolls.

We recommend the Raka Rosè

**** Available at the Farmyard Trading Post**