

## Red Lentil, Yam and Carrot Soup

Sauté together-  
3 chopped onions  
2 Tbsp minced ginger  
2 Tbsp minced garlic  
2 Tbsp olive oil

Mix together-  
1/4 c. Paprika  
1Tbsp Salt  
1 tsp ground ginger  
1/4 tsp ground nutmeg  
1/4 tsp garlic powder  
1/8 tsp ground cinnamon  
1/8 tsp ground allspice

Add spice mixture to sautéed mixture.

Stir in 7 cups of stock or water.

Add- 2 1/2 cups of washed Saanichton Farm Whole Red Lentils  
3 cups of cubed yam  
4 large grated carrots

Bring to a slow boil and then let simmer for at least 45 minutes or until vegetables are soft. Whisk or lightly purée if desired.

