



HARVEST SOUP

This soup is an autumn classic! So comforting and full of things out of the garden!
The curry flavor makes the soup.

In a large pot sauté:

Half of a green pepper, chopped
1 ½ cups (375 mL) grated carrot
1 cup (250 mL) chopped celery
1 medium chopped onion
½ cup (125 mL) lentils, dried
¼ cup (60 mL) butter or margarine, or 3 tbsp of oil

Add:

4 cups (1 L) chicken broth
1-28 oz. (796 mL) can of tomatoes or 3 cups (750 mL) of chopped fresh tomatoes

- Reduce heat and simmer for 20 – 30 minutes.

Mix together:

¼ cup (60 mL) flour
½ tsp. (2.5 mL) curry powder
½ tsp. (2.5 mL) salt
¼ tsp. (1.25 mL) pepper

- Add an additional ½ cup (125 mL) of broth to the above dry ingredients. Pour slowly into the vegetable mixture until well combined. Cook until thick and enjoy.

Recipe courtesy of the Western Producer.