Ginger Carrot Soup with Pumpkin
Serves approximately 20 children

Ingredients
• 2 tbsp vegetable oil
• 1 onion, diced
• 2 cloves garlic, minced
• 2 tsp each of curry powder, and dried or fresh ginger
• 4 carrots, peeled and roughly chopped
• 1 can pureed pumpkin (NOT pumpkin pie filling)
• 1/2 cup red split lentils
• 1 L chicken stock/broth
• 2 L water
• 1 cup milk
• 1 cup plain yogurt
• Salt and pepper

Directions
1. Sauté onion, garlic, curry powder and ginger in oil, in a large pot on medium heat.
2. Add carrot, pumpkin, split peas and chicken stock and simmer until carrots and split peas are soft.
3. Blend the mixture with an immersion/hand blender until smooth (or you could use a regular blender then pour back into pot. Be careful blending hot liquids.).
4. Add water and simmer on low-medium for at least 15 minutes.
5. Before ready to eat, add milk, yogurt, and salt and pepper to taste. Warm through before serving.
6. Enjoy with a crusty whole wheat roll or naan bread and a glass of milk.