**CARROT AND LENTIL SOUP**

**INGREDIENTS** *(Makes about 4 baby portions)*
- ½ tbsp cooking oil
- ½ small onion, peeled and diced
- ½ tsp finely chopped garlic/garlic paste
- 1 large carrot, peeled and diced
- 50g dried lentils
- 300ml water

**METHOD**
- Heat the oil in a large pan, add the onion, garlic and carrots and fry gently. Stir regularly for 5 minutes.
- Add the lentils and water and bring to the boil, stirring occasionally.
- Simmer for about 20 minutes with a lid on until the lentils are soft.
- Mash to make the soup texture you want and cool before serving.
- You may serve the soup with pita bread.

**COOKING TIPS**
Including mashed vegetables in soups is a good way to increase your child’s vegetable intake. You can use pumpkin or sweet potato instead of carrots if desired. Additional seasoning like turmeric can be added.

Give Baby the right nutrition at every growth stage. See more recipes at [healthhub.sg/earlynutrition](http://healthhub.sg/earlynutrition)