

Orange Soup

(named for the colour, not the fruit)

Easy to make thick and satisfying vegetable soup with red lentils.
Wonderful for cold evenings.

10 servings

Ingredients:

6 medium carrots, peeled and cut (450gr, 3 cups chopped)

One large sweet potato or half a butter squash, peeled and cut (300gr)

Two medium onions, peeled and sliced (200gr)

6-10 cloves of garlic, peeled and cut

Few stocks of celery (300-400gr)

A cup of red split lentils, soaked in water for 20 minutes and washed



Carbon footprint per serving:

152gr CO₂e

Method:

- 1) Steam the chopped onion in one table spoon of vegetable oil until it softens
- 2) Add the garlic and spices to your taste – salt, pepper, nutmeg, paprika and cumin. Stir for a minute until you can smell the pungent aroma of the spices
- 3) Add chopped carrots and sweet potatoes, stir
- 4) Add water to cover the vegetables twice the height
- 5) Leave to boil and lower the temperature to cook for about 15 minutes
- 6) Add the washed lentils and continue to cook until all the vegetables are softened
- 7) Once it is cooked, take off the heat and leave for 10 minutes

- 8) purée the soup using a blender until it is smooth
- 9) you can serve with croutons, toasted bread, breadsticks etc.
- 10) additional tweaks: add chopped ginger while cooking or coconut milk

Sustainability tips:

- 1) the smaller you chop the vegetables, the shorter the cooking time will be, thus saving energy
- 2) you can add surplus root vegetables or greens such as potatoes, parsnip, parsley and coriander
- 3) you can replace the red lentils with any other kind, including cooked lentils surplus that you might have
- 4) The soup is good for up to 5 days refrigerated in a closed container and much longer frozen. While reheating, you might need to add water

An example of how to use the food calculator:




PLATE UP FOR THE PLANET
TASTE THE FUTURE. GO VEGAN.

Carbon Food Calculator

Ingredient category: All

Ingredient:

Region of origin: Unknown

Amount:

Unit: kg

+

Recipe Listing

Please estimate the number of servings: 10

Ingredient	Amount	Unit	Greenhouse Gases	
Carrot	<input style="width: 50px;" type="text" value="0.45"/>	kg	0.46kg CO2e(1.02kg CO2e/kg)	×
Sweet potato	<input style="width: 50px;" type="text" value="0.3"/>	kg	0.31kg CO2e(1.02kg CO2e/kg)	×
Onions	<input style="width: 50px;" type="text" value="0.2"/>	kg	0.2kg CO2e(1.02kg CO2e/kg)	×
Celery	<input style="width: 50px;" type="text" value="0.35"/>	kg	0.19kg CO2e(0.54kg CO2e/kg)	×
Garlic	<input style="width: 50px;" type="text" value="0.1"/>	kg	0.1kg CO2e(1.02kg CO2e/kg)	×
Lentils	<input style="width: 50px;" type="text" value="0.19"/>	kg	0.26kg CO2e(1.35kg CO2e/kg)	×

Calculate

Greenhouse Gases

Total per serving	152g CO2e
Total overall	1.52kg CO2e