

LOVE THY CARROT

real food made with love

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YELLOW LENTIL SOUP WITH COCONUT MILK, VEGAN

This recipe makes 6 servings

INGREDIENTS

olive oil for sautéing
1 large onion, diced
3 large garlic cloves, minced
2 tsp ground turmeric
1 1/2 tsp ground cumin
1 tsp cinnamon
1/2 tsp curry powder
1/4 tsp ground cardamom
1 can tomatoes, with juices, 26 ounce tin
1 can coconut milk, 15 ounce tin
1 cup uncooked red lentils, rinsed and drained
6 cups water or vegetable broth
1 tsp salt, or more to taste
freshly ground black pepper, to taste,
1/4 tsp cayenne pepper, to taste, (I like a little heat so I used more)
2 cups baby spinach, kale or swiss chard chopped and remove the stems if using kale or chard
squeeze of lime juice, add just before serving

DIRECTIONS

1. In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens.
2. Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, or until you smell all the spices.
3. Add the diced tomatoes (with juices), can of coconut milk, red lentils, water or broth, salt, and pepper and cayenne pepper.
4. Stir to combine. Increase heat to high and bring to a boil.
5. Once soup starts to boils, reduce heat to medium-high, and simmer, uncovered, for about 30 minutes.
6. Add in the spinach or whatever green you choose.
7. Taste and adjust for salt and pepper. If soup is to thick add more water or broth.
8. Just before serving add a squeeze of lime or serve lime wedges on the side.