COCONUT CURRY LENTIL SOUP

Made from pantry staples, this spiced lentil soup will warm (and fill) you up. Make it an even heartier meal by serving it on a bed of brown rice.

- **Prep Time:** 5 mins
- **Cook Time:** 40 mins
- **Total Time:** 45 mins
- **Yield:** 4

INGREDIENTS

- 1 tbsp coconut oil (or olive oil)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 2 tbsp tomato paste (or ketchup)
- 2 tbsp curry powder
- 1/2 tsp hot red pepper flakes
- 4 cups vegetable broth
- 1 15oz can coconut milk
- 1 15oz can diced tomatoes
- 1.5 cups dry red lentils
- 2–3 handfuls of chopped kale or spinach
- salt and pepper, to taste
- Garnish: chopped cilantro (fresh coriander) and/or vegan sour cream

INSTRUCTIONS

1. In a stockpot, heat the coconut oil over medium heat and stir-fry the onion, garlic and ginger until the onion is translucent, a couple minutes.
2. Add the tomato paste (or ketchup), curry powder, and red pepper flakes and cook for another minute.
3. Add the vegetable broth, coconut milk, diced tomatoes and lentils. Cover and bring to a boil, then simmer on low heat for 20-30 minutes, until the lentils are very tender. Season with salt and pepper.
4. {Make-Ahead: May be cooled, frozen in air-tight containers, and re-heated over medium-low heat.}
5. Before serving, stir in the kale/spinach and garnish with cilantro and/or vegan sour cream.

- **Replacing the coconut milk with 1 cup of broth** will result in a bright red soup with and a more pronounced tomato flavor
- **Replacing the diced tomatoes with 1 cup of broth** will result in a creamier soup with a stronger coconut flavor
- **Replacing BOTH the coconut milk AND diced tomatoes with 2 cups of broth** will result in a soup with a lighter consistency but more pronounced spices, because it won't have the coconut milk or tomatoes to temper them