

RED LENTIL COCONUT CURRY SOUP

INGREDIENTS

3-4 cups veggie broth
1 medium onion, diced
1 cup red lentils, drained and rinsed
3 medium carrots, peeled and sliced thinly
14 oz can lite coconut milk
1 bay leaf
3 cloves garlic, minced
1 inch fresh ginger, grated
1 tbsp curry powder
1 tsp turmeric
1 tbsp fresh sage
1 tbsp parsley

DIRECTIONS

1. Sweat onions and garlic in small amount of veggie broth until translucent and fragrant, around 5-10 minutes. Add curry powder, ginger, and cook around 2-3 more minutes.
2. Add 3 cups veggie broth, lentils, carrots, sage, 1 tsp salt and bay leaf. Bring to a boil, then reduce heat to a low simmer and cook around 20 more minutes or until lentils and carrots are soft.
3. Remove bay leaf and turn off heat. Add coconut milk. Blend or puree mixture until very smooth. Season with salt and pepper to taste. Garnish with parsley.

