

Spicy Lentil Soup

This is a hearty and delicious soup that packs a nice punch and delivers an immune boosting combination of turmeric and healthy fat (coconut milk and extra virgin olive oil). Enjoy!

You will need:

- 1 -2 Tbsp extra virgin olive oil (or coconut oil)
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 inch fresh ginger (about 1 Tbsp grated)
- ½ Tbsp ground turmeric
- Pinch red pepper flakes
- 1 small dried red chile (optional, available in Indian grocery stores)
- 2-3 carrots, chopped
- ½ lb red or yellow lentils (about 1 cup)
- 4 cups water
- 13.5 oz can coconut milk
- ½ Tbsp salt (or to taste)
- ⅓ cup unsweetened coconut flakes (optional)
- ¼ bunch cilantro (optional)
- 1 cup cooked jasmine rice (optional)
- Juice of 1 lime (optional)



Directions:

Heat a large pot and add the olive oil. Add the diced onion, the minced garlic, and grated or minced ginger. Sauté over medium heat for 2-3 minutes, or until the onions are soft and transparent.

Add the turmeric and red pepper to the pot and let sauté for a few minutes. Add the carrots, sauté for 3 – 4 minutes, then add the dried chile (if using), lentils and water. Cover and bring to a boil over high heat; then turn the heat down to low and simmer for 20 to 30 minutes.

After 20 to 30 minutes the lentils should be soft and breaking down. Remove the dried chile. Stir in the coconut milk. Next blend the warm soup in small batches (or use an immersion blender) until about half of the soup is puréed. If you prefer, you can blend it all for a completely smooth soup. Finally, add salt, 1/2 tsp at a time, until seasoned to your taste.

To serve, ladle about 1 1/2 cups into a bowl and top with 1/4 cup cooked rice, (if desired), some fresh cilantro leaves, and a sprinkle of toasted coconut flakes. To brighten the flavor, add a squeeze of lime juice.