

Lentil Soup



Ingredients:

4 cups vegetable broth

1 yellow or white onion, chopped

2 carrots, peeled and sliced

2 stalks celery, sliced

1 bell pepper, chopped

4 cloves garlic, minced

2 teaspoons ground cumin

1 teaspoon curry powder

½ teaspoon dried thyme

4 cups diced tomatoes

1 cup brown, green or red lentils (rinse first)

4 cups vegetable broth

2 cups water

1 teaspoon salt

¼ teaspoon red pepper flakes

⅛ teaspoon pepper

2 cups kale, ribs removed and chopped

1 tablespoon lemon juice

1 ½ cups full fat coconut milk

Directions:

Sauté 5 minutes onions, carrots, celery, and pepper, adding vegetable broth a little at a time to keep skillet moist. Add garlic and sauté for 3 minutes. Add spices, herbs, tomatoes, water, and vegetable broth and bring to boil. Pour in lentils, simmer 30 minutes. Remove 3 cups and blend smoothly. Add coconut milk, lemon, and kale. Simmer 5-10 more minutes.