

GOLDEN LENTIL SOUP

Ingredients

- Serving Size: 4
 - 2 tablespoons virgin coconut oil or extra-virgin olive oil
 - 1 medium onion, finely chopped
 - 2 garlic cloves, finely chopped
 - 1 2½-inch piece ginger, peeled, finely grated
 - 1 tablespoon medium curry powder
 - ¼ teaspoon crushed red pepper flakes
 - ¾ cup red lentils
 - 1 14.5-ounce can crushed tomatoes
 - ½ cup finely chopped cilantro, plus leaves with tender stems for serving
 - Kosher salt, freshly ground pepper
 - 1 13.5-ounce can unsweetened coconut milk, shaken well

Instructions

1. Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8-10 minutes. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper. Set aside ¼ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20-25 minutes. Season soup with more salt and pepper if needed.
2. To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges.