

Red Lentil Coconut Curry Soup

Web Recipe · Lunch · GF

345 cal · 20g protein · 42g carbs · 10g fat · 6 servings

Ingredients

- 1.5 cups dry red lentils rinsed
 - 1 tbsp coconut oil
 - 1 large onion diced
 - 3 cloves garlic minced
 - 1 tbsp fresh ginger grated
 - 2 tbsp curry powder
 - 1 tsp turmeric
 - 1/2 tsp cayenne pepper
 - 1 can (14.5 oz) diced tomatoes
 - 1 can (13.5 oz) light coconut milk
 - 4 cups vegetable broth
 - 2 cups baby spinach
 - 1 tbsp lime juice
 - 1/4 cup nutritional yeast
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Instructions

1. Heat coconut oil in a large pot over medium heat. Sauté onion for 5 minutes until softened.
 2. Add garlic, ginger, curry powder, turmeric, and cayenne. Cook 1 minute until fragrant.
 3. Add rinsed red lentils, diced tomatoes, coconut milk, and vegetable broth. Stir to combine.
 4. Bring to a boil, then reduce heat and simmer 20-25 minutes until lentils are very soft and start to break down.
 5. Stir in baby spinach and nutritional yeast. Cook 2 minutes until spinach is wilted.
 6. Add lime juice and salt to taste. Garnish with fresh cilantro.
 7. Freezes well for up to 3 months.
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Generated by Meal Planner · Per serving macros