

Sweetie Lentil Soup (THM E)

6-8 servings

Ingredients:

- 2 Tbsp. coconut oil
- 1 tsp. cumin
- 1 tsp. turmeric
- 1 Tbsp. curry powder
- 1 large yellow onion, diced
- 3 pinches of mineral salt and black pepper
- 4 tsp. chopped garlic
- 2 Tbsp. fresh ginger, minced
- 2 sweet potatoes, diced
- 1 red bell pepper, diced
- 2 cups red lentils, soaked and rinsed
- 6 cups vegetable broth
- Chopped cilantro

Directions:

In a large pot, heat coconut oil, cumin, turmeric, and curry until fragrant. Add diced onion, salt, and pepper. Sauté until translucent.

Add garlic, ginger, sweet potatoes, and bell pepper. Cook until tender.

Add lentils and broth. Bring stew to a boil then simmer for 20 minutes. Finally, add the chopped cilantro.

Enjoy on its own or with your favorite E bread!

Notes:

The lentils may provide enough protein for the majority. However, you may add some collagen and/or baobab to the individual bowls if you feel imbalanced.