

COCONUT RED LENTIL SOUP

*You need to have things measured and ready when you start to cook. Tastes good cold too.
Shared by Suzanne Abrams.*

PREP: 25 minutes

COOK: 30 minutes

INGREDIENTS:

2 Tbsp. virgin coconut oil or extra-virgin olive oil
1 medium onion, finely chopped
2 garlic cloves, finely chopped
1 2½-inch piece of ginger, peeled and finely grated
1 Tbsp. medium curry powder (such as S&B)
¼ tsp. crushed red pepper flakes
¾ C. red lentils
2½ C. water
1 14.5-oz. can of crushed tomatoes
½ cup finely chopped cilantro, plus leaves with tender stems for serving
Kosher salt, freshly ground pepper
1 13.5-oz. can of unsweetened coconut milk, shaken well
Lime wedges (for serving)

DIRECTIONS:

Heat oil in a medium-size saucepan over medium heat. Cook onion, stirring often, until softened and golden brown, 8–10 minutes.

Add garlic, ginger, curry powder and red pepper flakes. Continue cooking and stirring the mixture, until fragrant, for about 2 minutes.

Add lentils and cook, stirring for 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups of water; season with pepper.

Set aside ¼ cup coconut milk 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.

To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges.

Do Ahead: Soup (without toppings) can be made 3 days ahead. Let cool; cover and chill.

