

Lentil Masala Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1/2 cup Red Onion (finely diced)
4 Garlic (cloves, minced)
1 tsp Turmeric
1 tbsp Garam Masala
1 tsp Sea Salt
1 cup Cilantro (finely diced)
4 cups Vegetable Broth
3 cups Diced Tomatoes
1 cup Dry Red Lentils
1 cup Canned Coconut Milk (full fat)
4 cups Kale Leaves (finely sliced)

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	391	Carbs	50g
Fat	14g	Protein	17g