



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 Organic Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Organic Coconut Milk (canned, full-fat)
- 4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	417
Fat	14g
Saturated	11g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	53g
Fiber	19g
Sugar	8g
Protein	19g

Directions

- 1 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.
- 2 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.
- 3 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!

Notes

Garnish, Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.