

Recipe Card

Spiced Coconut Lentil Soup

- 1 tsp. coconut oil, raw, extra-virgin
- 1/2 lrg. onion, red
- 1/2 chili pepper, red, fresh
- 3 clove garlic, fresh
- 1 tbs. ginger, fresh
- 1 cup red lentils
- 1 tsp. coriander, ground
- 1 tsp. paprika,
- 1 tsp. cumin powder.

Ingredients

- 14 1/2 fl oz. coconut milk, unsweetened, full-fat, canned
- 3 cup water.
- 3/4 tsp. bouillon, vegetable
- sea salt,
- black pepper,
- 1 lime, fresh

Method

Add finely chopped onion, cover, and allow to soften for several minutes.

Add minced chili, minced garlic, and peeled and minced ginger to pan.

Cover and cook for a few more minutes until the flavors begin to infuse.

Add red lentils, coriander, paprika and cumin. Mix thoroughly.

Pour in the coconut milk and water.

Sprinkle in the vegetable bouillon and season with sea salt and black pepper.

Cover, bring to a boil, then lower to a gentle simmer for forty minutes, stirring frequently. When the lentils have softened and almost disintegrated to form a thick, creamy soup, take the pan off the heat.

Squeeze the juice of one lime into the pan.

Heat the coconut oil in a heavy based saucepan.

Taste and season as needed.

Serve with fresh coriander leaves for garnish.

Enjoy!

