

Lentil Masala Soup

12 ingredients · 30 minutes · 4 servings



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

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Additional Toppings

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

Ingredients

- 7 milliliters** Coconut Oil
- 80 grams** Red Onion (finely diced)
- 4** Garlic (cloves, minced)
- 3 grams** Turmeric
- 10 grams** Garam Masala
- 6 grams** Sea Salt
- 16 grams** Cilantro (finely diced)
- 951 milliliters** Vegetable Broth
- 726 grams** Diced Tomatoes
- 208 grams** Dry Red Lentils
- 242 milliliters** Canned Coconut Milk (full fat)
- 84 grams** Kale Leaves (finely sliced)

Nutrition

Amount per serving

Calories	391	Fiber	11g
Fat	14g	Sugar	9g
Carbs	50g	Protein	17g