Coconut Lentil Soup

ingredients

- 1 Tbsp olive oil (or coconut oil)
- 1 yellow onion
- 2 cloves garlic
- 1 Tbsp grated fresh ginger
- 1/2 Tbsp ground turmeric
- Pinch red pepper flakes
- 2-3 carrots
- 1/2 lb red or yellow lentils
- 4 cups water
- 13.5 oz can coconut milk
- 1/2 Tbsp salt (or to taste)

TOPPINGS (OPTIONAL)
1/3 cup large, unsweetened coconut flakes
1/4 bunch cilantro
2 cups cooked jasmine rice

ADAPTATIONS
Increase onion, garlic, ginger, spices, and add lime juice in soup.

Prepare rice to mix with soup.
Sauté rice with cumin, paprika, ancho, curry, and cinnamon before cooking normally with a vegetable broth.

directions

- Add the olive oil to a large pot. Dice the onion, mince the garlic, and grate or mince the ginger.
- Sauté the onion, garlic, and ginger in the olive oil over medium heat for 2-3 minutes, or until the onions are soft and transparent. While the onions, garlic, and ginger are sautéing, peel and slice the carrots.
- Add the turmeric and red pepper to the pot and sauté for a minute more. Add the carrots to the pot, sauté for a minute more, then add the lentils and water. Place a lid on the pot, bring it up to a boil over high heat, then simmer for 20 minutes.
- Toast the coconut flakes while the soup simmers. Add the coconut flakes to a dry skillet and place it over medium-low heat. Stir continuously as the flakes heat until they are about 50% golden brown (1-3 minutes). Remove the flakes from the hot skillet immediately to stop the toasting process.
- After 20 minutes the lentils should be soft and broken down. Stir the coconut milk into the soup. Carefully blend the warm soup in small batches until about half of the soup is puréed. Once blended, add salt to taste.