Curry Red Lentil Soup

Jacob · 30/09/2024



Prep Time

55 mins

Dificult

Medium

Servings

4

Description

Clean delicious comforting red lentil soup You can prep dry ingredients and spices and add whatever veggies you have on handI made it with cauliflower carrots and kale

Ingredients

— - 2 teaspoons olive oil - 1 head cauliflower

— chopped into small florets - 2 carrots

— chopped - 2 cups boiling water - 1 cube vegetable bouillon - 1 (14 ounce) can reduced-fat coconut milk - 1 cup red lentils - 1 teaspoon garlic powder - 1 teaspoon dried onion flakes - 1 teaspoon curry powder - 1 teaspoon paprika - 1 teaspoon ground turmeric - ½ teaspoon ground cumin - 1 bunch kale leaves

— stems and inner ribs discarded

— leaves coarsely chopped

Instructions

1. Heat olive oil in a large pot over medium-high heat. Add cauliflower and carrots; saute until softened
2. 7 to 8 minutes. Pour boiling water and vegetable bouillon into a bowl and stir until dissolved. Add broth and coconut milk to cauliflower mixture. Bring to a boil. Stir lentils
3. garlic powder
4. onion flakes
5. curry
6. paprika
7. turmeric
8. and cumin into the pot. Cover and let simmer until lentils are fully cooked and tender
9. about 20 minutes. Stir in kale and let sit over low heat for 5 minutes. Remove from heat and serve. Cook's Note: Feel free to use chicken or vegetable bouillon. If you are using chicken bouillon the soup is not longer vegetarian.