Lentil Curry Soup

Jacob · 30/09/2024



Prep Time

1 hr 15 mins

Dificult

Medium

Servings

10

Description

This spicy soup is both filling and delicious Its a good way to sneak some veggies into your diet Serve with pita bread or chips

Ingredients

— - 2 tablespoons olive oil - 1 onion

— diced - 3 cloves garlic

— chopped - 1 cup broccoli florets - 4 stalks celery

— chopped - 1 baking potato - 5 cups vegetable broth - 1 ½ cups cooked white rice - 1 ½ cups uncooked green lentils - 2 teaspoons curry powder

Instructions

1. Heat the oil in a stock pot over medium heat. Add the onion
2. garlic
3. broccoli and celery; cook and stir until tender. Meanwhile
4. peel the potato and heat in the microwave for 5 to 10 minutes
5. or until tender. Transfer the potato and vegetables to a food processor and blend until smooth. Return to the pot and bring to a boil. Add the cooked rice
6. lentils and curry powder. Simmer over low heat
7. covered
8. until lentils are soft
9. about 45 minutes.