Vegan Curried Cauliflower Sweet Potato and Lentil Soup

Jacob · 30/09/2024



Prep Time

1 hr 10 mins

Dificult

Medium

Servings

5

Description

This vegan lentil soup is quick easy nutritious and delicious

Ingredients

— - 1 tablespoon coconut oil - 1 large onion

— chopped - 4 cloves garlic

— minced - 1 tablespoon minced fresh ginger

— or more to taste - 1 tablespoon curry powder

— or more to taste - 2 teaspoons ground coriander - 2 teaspoons ground cumin - 8 cups vegetable broth - 1 cup dry red lentils

— rinsed and drained - 1 head cauliflower

— broken into florets - 2 cups cubed sweet potato - 3 cups fresh spinach

Instructions

1. Heat coconut oil in a large saucepan over medium heat. Add onion and garlic and saute until translucent
2. 5 to 6 minutes. Stir in ginger
3. 1 tablespoon curry powder
4. coriander
5. and cumin and saute until fragrant
6. about 2 minutes more. Pour in broth and lentils and stir to combine. Bring mixture to a low boil; reduce heat and simmer for 5 minutes. Stir in cauliflower and sweet potato. Cover
7. reduce heat to medium-low
8. and simmer until cauliflower and sweet potato are tender
9. 20 to 25 minutes. Season with salt and pepper and add more curry powder if desired. Stir in spinach and cook until wilted
10. 3 to 5 minutes. Cook's Note: Sambar masala is great to use instead of curry powder
11. but any curry mix works.