

CURRIED LENTIL, TOMATO & COCONUT SOUP

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 2 Tbsp. Virgin Coconut Oil or Extra-Virgin Olive Oil
- 1 Medium Onion, finely chopped
- 2 Garlic Cloves, finely chopped
- 1 (2 ½ in.) piece Ginger, peeled, finely grated
- 1 Tbsp. Medium Curry Powder
- ¼ Tsp. Crushed Red Pepper Flakes
- ¾ Cup Red Lentils
- 1 (14.5 oz) Can Crushed Tomatoes
- ½ Cup Finely Chopped Cilantro, plus leaves with tender stems for serving
- Kosher Salt
- Freshly Gound Pepper
- 2 ½ Cups Water
- 1 (13.5 oz) Can Unsweetened Coconut Milk, shaken well
- Lime Wedges for serving

Instructions:

1. Heat oil in a medium saucepan over medium heat. Cook onion, stirring often, until softened and golden brown, about 8-10 minutes.
2. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring until fragrant, about 2 minutes. Add lentils and cook, stirring 1 minute.
3. Add tomatoes, ½ cup cilantro, a generous pinch of salt and 2 ½ cups water, then season with pepper.
4. Set aside ¼ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil then reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, about 20-25 minutes.
5. Season soup with more salt and pepper if needed.
6. To serve, ladle into bowls and drizzle with reserved coconut milk. Top with more cilantro and serve with lime wedges.

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