



# Spicy Lentil Soup with Coconut Milk and Cilantro

## Ingredients:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 medium onion, chopped (1 cup)
- 1 1/2 teaspoons curry powder
- 1 teaspoon thyme, ground
- 1/2 teaspoon cinnamon
- 8 cups vegetable or chicken broth
- 1 1/2 cups French green lentils, picked over and rinsed
- 2 Turkish bay leaves
- 1/3 cup coconut milk powder
- 2/3 cups cool water
- 1/2 teaspoon Sicilian sea salt
- 1/4 teaspoon freshly ground black peppercorns
- Garnish with freshly chopped cilantro or a small dollop of sour cream

## Nutrition Facts

Serving Size 1.00 cup(s) (331g)

Amount Per Serving			
Calories		Calories from Fat	
247		86	
		% Daily Value	
<b>Total Fat</b>	9.6g		15 %
Saturated Fat	3.3g		16 %
Trans Fat	0.1g		
<b>Cholesterol</b>	3.8mg		1 %
<b>Sodium</b>	488.6mg		20 %
<b>Total Carbohydrate</b>	27.6g		9 %
Dietary Fiber	12.6g		50 %
Sugars	1.6g		
<b>Protein</b>	13.1g		
Vitamin A	2 %	Calcium	5 %
Vitamin C	34 %	Iron	23 %

## Directions:

1. Heat butter and oil in large saucepan on medium heat. Add onion and garlic; cook and stir 3 minutes or until slightly softened. Add cumin, curry powder, thyme and cinnamon; cook and stir 1 minute or until fragrant.
2. Stir in broth, lentils and bay leaves. Bring to boil. Reduce heat to low; simmer 35 minutes or until lentils are tender, stirring occasionally.
3. Add coconut powder to cool water and stir until powder is dissolved; add to lentils and simmer 5 minutes. Season with sea salt and pepper. Remove bay leaves. Cool slightly.
3. With an immersion blender puree the soup until somewhat smooth, but leaving some whole lentils. Alternately, if no immersion blender is available, carefully remove half lentils and place in a blender. Blend lentils until smooth. Return pureed soup mixture to saucepan; stir until blended.
4. To serve, ladle into soup bowls. Top with chosen garnish.

**Serves 8**

**Serving Size: 1 cup**



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