

RED LENTIL COCONUT SOUP

Serves 4-6

Time: 30 minutes

1½ Tablespoons olive oil
 1 medium yellow onion, chopped
 3 cloves garlic, minced
 2 medium carrots, peeled and chopped
 1 inch slice ginger (optional)
 1¾ cups red lentils
 4 cups water
 1 14 oz. can coconut milk
 1 teaspoon salt
 2½ Tablespoons lemon or lime juice
 Cilantro for garnish

1. In a medium size saucepan heat the olive oil over medium heat and sauté the onion, garlic, carrots and ginger (if using) until the onions are soft.
2. Add the lentils, water, coconut milk and salt. Stir. Bring to a boil, reduce heat, cover and simmer for 30 min. or until the lentils are soft.
3. Remove from heat. Remove the slice of ginger. Stir in lime or lemon juice. Garnish with cilantro.

Serve with: Nann Bread page 239. Arugula salad.

This is a nice recipe made with a healthy food source - lentils. They are king when it comes to nutrition. Give the red ones a try. They are a bit sweeter and nuttier than others. Lentils are a key source of protein for vegetarian and vegan diets. Thanks, Jenny, for this yummy soup recipe.