Golden Curry Lentil Soup

Makes 4 Servings
Recipe adapted from www. minimalistbaker.com

- 1/4 cup water (or sub half the amount in oil)
- 1/4 cup thinly sliced shallot (or onion)
- 3 cloves garlic, minced
- 1 Tbsp ginger, minced
- 1 small serrano pepper (seeds removed, minced)
- 2 cups thinly sliced carrots (or sub other sturdy seasonal vegetable)
- 1 pinch sea salt
- 3 cups Vegetable Broth
- 3/4 cup light coconut milk
- 1 cup uncooked rinsed red or golden lentils (if using green or brown lentils, adjust cooking time as needed)
- 2 Tbsp coconut aminos
- 1 Tbsp Curry Powder

Heat a large skillet or pot on medium heat. Add water (or oil) and shallot and sauté until the shallot becomes translucent. Add garlic, ginger, and serrano pepper and sauté for a few more minutes. Next add carrots and a pinch of salt and continue to sauté 2-3 more minutes. Add vegetable broth and coconut milk, then bring to a low boil. Stir in lentils and reduce heat to a simmer. Add coconut aminos and curry powder and simmer uncovered until the lentils and carrots are tender. If mixture is too thick, you can add more coconut milk or broth. Taste and adjust flavor as needed. Serve soup with fresh cilantro, lemon/lime juice, and/or coconut cream.

Nutrition per Serving: 268 calories; 4.4g Fat; 9g Protein; 45.2g Carbohydrates; 13.5g Fiber; 307mg Sodium

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