

THE ORGANIC TEACHING KITCHEN

Red Lentil Soup (v) (gf)



INGREDIENTS:

- Coconut oil or olive oil (for sautéing)
- 1 large onion, chopped
- 1 leek, white part, diced (optional)
- 3 cloves garlic, minced (or more to taste)
- 1 tablespoon grated fresh ginger (or more to taste)
- 3 teaspoons curry powder (more if you like it spicy)
- 2 teaspoon turmeric powder
- 2 cups red lentils, rinsed
- 8 cups home made vegetable broth (or water)
- 2 carrots, peeled and sliced
- 1 parsnip, peeled and sliced
- 1 large sweet potatoes, peeled and cubed
- 1-2 cups cauliflower florets
- S/P to taste

DIRECTIONS:

1. Cover bottom of stockpot with oil.
2. Add the turmeric and curry powder and sauté a minute or so.
3. Add the onions, leeks and garlic, sauté for a few minutes. Add more oil as needed.
4. Add the red lentils and stock or water.
5. Add carrots, parsnip sweet potatoes & cauliflower.
6. Bring to a boil then cover the pot and simmer for about 45 minutes.
7. Blend with immersion hand blender to your liking
8. Salt/pepper to taste

Garnish with pumpkin, sesame, and/or hemp seed