

Curried Red Lentil Soup

Curried Red Lentil Soup is flavourful, hearty and nutritious. It's easy to make and has been a family favourite for many years. Even your kids will love it!

Prep Time 20 mins

Cook Time 25 mins

Course: Soup

Cuisine: Fusion, Indian Keyword: curry, red lentils, soup, vegetables

Servings: 12 1 cup servings

Ingredients

1 lg white onion. approx. 2 cups diced small
1 lg celery stalk. approx. 1 cup diced small
1 jumbo carrot, approx. 1.5 cups diced small
1 sm sweet potato, approx 2 cups diced small
2-3 cloves garlic, approx. 1 tbsp minced
1 tbsp curry powder
1 1/2 cups red lentils, rinsed
3 tbsp olive oil
4 cups chicken stock, low sodium
1 400 ml can coconut milk
8 cups baby spinach leaves, or greens of your choice
1/2 cup packed cilantro or parsley leaves. chopped
1/2 lemon, juice of
salt and pepper to taste

Instructions

Peel, rinse, chop and measure out all your ingredients first.

In a large pot heat olive oil over medium high heat. Add onions and cook, stirring occasionally, for 3-5 minutes or until soft and translucent. Turn down the heat if they are browning before softening.

Add the celery, carrot, sweet potato, lentils and garlic, stir to combine. Add curry powder and continue stirring for one minute.

Stir in stock and coconut milk. Increase the heat and bring to a boil. Once boiling, reduce heat and simmer, covered, for 15 minutes.

Stir in spinach. It will seem like a lot but it wilts and reduces as it cooks. Cover and simmer for 5 more minutes.

Remove from heat and add lemon juice and cilantro or parsley. Add salt and pepper to taste. You can also add a bit more stock or water if it's too thick for your liking.

Notes

This soup will keep in the fridge for approximately 5 days or store in the freezer for up to 6 months.