



Body and Soul Nourishment

Inspiration for a Healthy Lifestyle

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Red Lentil Soup with Curry (Or not)

2 Cups Red Lentil – Rinsed and drained
4 cups of Vegetable broth – I use Trader Joes organic broth
1-2 cups of filtered water
1 cup chopped carrots
1 cup chopped celery
1 cup or one full red onion, chopped
1 Tablespoon coconut oil
1 Tablespoon Curry powder if desired – I use Trader Joes Brand
1 Tablespoon Ground cumin
½ Tablespoon Coriander
½ to 1 Tablespoon Turmeric, if desired
Sea salt and pepper to taste

Simmer rinsed red lentils in vegetable broth and water until soft, about 20 minutes. Sauté the vegetables in coconut oil- Either adding the spices with the vegetables or directly into the soup. When vegetables are slightly soft, add to the lentil mix with the spices and continue on simmer for ½ to one hour approximately for flavors to mix. Add any vegetables desired! Ladle into bowls and enjoy!