



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-2802

Curried Lentil Soup

Serves 6-8

This soup features low-calorie, high protein green lentils -- a great choice for a healthy meal! Lentils are packed with fiber and iron, both filling and good for you. The savory aromatics, warm spices, and flavorful coconut milk round out the luscious flavors of this soup. Top with a garnish of fresh cilantro and a squeeze of lime juice for a feel-good meal.

Soup Base:

1 onion, roughly chopped
2 cloves garlic, peeled, roughly chopped
1-inch piece fresh ginger, peeled, roughly chopped
1 (28 oz) can diced tomatoes, undrained

For the Lentils:

1 tablespoon butter
2 tablespoons curry powder
1 teaspoon cumin seeds
1 teaspoon ground coriander
1 teaspoon kosher salt
1/4 teaspoon cayenne
2 cups green lentils, uncooked
3 cups chicken broth
1 can (13.6 oz) full-fat coconut milk

Garnishes:

6 oz fresh spinach leaves
juice of one lime
1 handful cilantro, chopped

Directions:

1. In a food processor, blend together the soup base ingredients until smooth, then set aside.
2. Set a multi-cooker to the sauté function. Heat the butter, then add the spices, and cook for 2-3 minutes until fragrant.
3. Add the blended soup base to the spices and sauté for another 3-5 minutes.
4. Add the lentils and chicken broth to the pot and cook on high pressure for 18 minutes.
5. Carefully release the pressure according to your machine's instructions. Stir in the coconut milk and spinach, and serve hot with a garnish of fresh lime juice and cilantro.