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Curried Red Lentil Soup

Ingredients

3 teaspoons coconut oil
1 yellow onion, diced
1 teaspoon ginger, minced
5 cloves of garlic, minced
2 large carrots, diced
1 large potato, peeled and diced
3 cups of kale
3 teaspoons curry powder
Salt and pepper to taste
2 cups red lentils
1 can (13.5 oz) full fat coconut milk
4 cups of water

Spiced cashews

2 teaspoons coconut oil
 $\frac{3}{4}$ cup cashews
2 teaspoons sesame seeds
1 teaspoon coriander
 $\frac{1}{2}$ teaspoon crushed red pepper flakes
Salt and pepper to taste
1 teaspoon sugar

Nutrition Facts

8 Servings per batch

Calories	340
Total Fat	11g
Saturated Fat	4.5g
Cholesterol	0mg
Sodium	40mg
Total Carbohydrates	44g
Dietary Fiber	9g
Sugar	5g
Protein	17g

Directions

1. In a large pot over medium heat add the oil, onion, ginger, and garlic. Cook stirring until onions are lucid—about five minutes. Add carrots, potatoes, kale, curry powder, salt and peeper to taste, and cook until kale is wilted—about two minutes.
2. Add lentils, coconut milk, and water. Bring to a simmer and reduce to medium heat. Cook covered, stirring frequently, until lentils are soft and potatoes are tender—about 20 minutes.
3. While soup is cooking make spiced cashews. In a skillet over medium heat add the oil and cashews. Cook until slightly golden—about 6-8 minutes. Add in all remaining ingredients and stir until fragrant—about 2 minutes.
4. Garnish soup with spiced cashews, mint, thyme, or lemon zest.

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