

Lentil Coconut Soup

Swick

Serves 4 to 6 | Active Time: 20 minutes | Total Time: 1 hour

Step 1: Starting the Soup

- 1 to 2 tbsp coconut or olive oil (omit for oil-free)
 - 2 cups white onion, diced (approx 1 onion)
 - 1 tbsp minced red serrano pepper, or to taste (approx 1/2 a red pepper, or 1 sm Thai Chile)
 - 2 tbsp minced ginger (approx 1 - 2 inch" piece)
 - 4 tsp whole cumin seeds*
 - 1 tbsp coriander seeds*
 - 1 1/2 cups red lentils
 - 4 cups stock
 - 1 - 14 oz can full-fat coconut milk
 - 1 tsp sea salt, or to taste
 - 1 tsp freshly ground black pepper, or to taste
 - 1 to 2 tsp gr turmeric, if needed
- To start the soup, heat a large heavy-bottomed pot over medium heat. Toast the coriander and cumin for approximately 1-2 minutes, or until they just start to smoke and release their aroma.
- Next, add the oil, followed by the onions and a good pinch of salt. For oil-free, dry-sauté the onions, adding a bit of stock if needed to prevent the onions from burning or becoming too dark. Cook the onions for approximately 5 to 7 minutes or until they are soft, translucent, and just starting to brown.
- Next, add the serrano pepper and ginger and let cook for about 30 seconds or so and then add the lentils, stock, and coconut milk. For the stock, we like to use this Faux Chicken Bouillon Powder. Depending on the stock used, you may need to add a bit more or less salt and/or pepper as well.
- Bring the soup to a simmer, turn the heat to low, cover the pot and let cook for 40 minutes, or until the lentils are totally soft and broken down. As the soup cooks, if it looks a bit dull in color (again, this will depend on the stock used) you may want to add a bit of ground turmeric to brighten up the color a bit.
- Stir the soup occasionally to ensure the lentils are not sticking to the bottom of the pot. If needed, add more stock (or water) until you reach your desired consistency.

Step 2: Finishing the Soup

- 1 to 2 tbsp lemon zest
 - 3 to 5 tbsp fresh lemon juice
 - 1/2 bunch fresh cilantro, roughly chopped
 - 1 ripe avocado, for garnish
 - sliced chiles or dried chile flakes, for garnish
- To finish the soup, add some of the lemon zest and juice and taste for seasoning. Adding a bit more of each and/or a bit more salt, pepper, or Faux Chicken Bouillon Powder.
- Lastly, just before serving add the chopped cilantro and serve immediately.
- If desired, serve with diced avocado and fresh chiles or dried chile flakes.

This recipe is inspired by the great Chad Sarno from Wicked Healthy (and also from his work on the Crazy Sexy Kitchen cookbook).