

Curried Lentil Soup

Swick

Makes 3 servings | Active Time: 30 minutes | Total Time: 35 minutes

Chef's Notes

Suggested adult serving: 3 cups

Store any leftover soup in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Lentils: Feel free to use dry green lentils instead.

Corn: You can also use fresh corn. One ear yields about ½ cup kernels.

Step 1: Make the Soup

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| <ul style="list-style-type: none">• 3 cups low-sodium vegetable broth | MAKE SOUP |
| <ul style="list-style-type: none">• 1 1/2 cups dry brown lentils rinsed & drained (see tip) | In a stockpot over high heat, combine vegetable broth, lentils, carrots, onions, curry powder, thyme, pepper flakes, and 3 cups water. Bring to a boil. |
| <ul style="list-style-type: none">• 3 carrots, chopped (≈1 1/2 cups) | |
| <ul style="list-style-type: none">• 3/4 yellow onion, chopped (≈3/4 cup) | Reduce heat to low and simmer, covered, until lentils are nearly tender, 15 minutes. |
| <ul style="list-style-type: none">• 2 1/4 teaspoons mild curry powder | |
| <ul style="list-style-type: none">• 3/4 teaspoon dried thyme | Stir in corn, kale, and lemon zest; cook until corn and kale are tender, 3 to 5 minutes. Season with salt and pepper to taste. |
| <ul style="list-style-type: none">• 1/3 teaspoon crushed red pepper flakes | Serve with lemon wedges. |
| <ul style="list-style-type: none">• 7 1/2 oz frozen corn (see tip) (≈1 1/2 cups) | |
| <ul style="list-style-type: none">• 3 oz kale, stemmed & thinly sliced (≈3 cups) | |
| <ul style="list-style-type: none">• 3/4 teaspoon lemon zest | |
| <ul style="list-style-type: none">• sea salt | |
| <ul style="list-style-type: none">• freshly ground black pepper | |
| <ul style="list-style-type: none">• 3/4 lemon cut into wedges | |