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Indian-Style Red Lentil Soup

Serves 6	Time 45 min

Serve this delicious soup, based on a traditional Indian dish, with your favorite whole grain bread. It's a warm and comforting bowl of flavorful lentils and vegetables. **Watch our video** featuring this recipe.

Special Diets:

df
Dairy-Free

v
Vegan

vg
Vegetarian

hf
High-Fiber

sc
Sugar-Conscious

Method

Heat a saucepot over medium heat until hot.

Add cumin and toast 1 minute or until aromatic.

Add onion and cook, stirring frequently, until beginning to brown and stick to the pot, about 5 minutes.

Add tomatoes with their juice and cook 2 minutes longer, stirring frequently.

Add lentils, broth, 2 cups water, coconut milk and lemon juice; bring to a boil.

Ingredients

1/2 teaspoon cumin seeds

3/4 cup chopped onion

1 (14.5-ounce) can diced tomatoes

1 1/2 cup red lentils

2 cups low-sodium vegetable broth

1 cup light coconut milk

Reduce heat to low, cover and simmer 30 to 35 minutes or until lentils are tender, stirring occasionally.

Remove from heat and stir in kale and salt.

Nutritional Info:

Per serving: 240 calories (35 from fat), 4g total fat, 2g saturated fat, 0mg cholesterol, 410mg sodium, 37g carbohydrates (8g dietary fiber, 4g sugar), 14g protein.

Note: We've provided special diet and nutritional information for educational purposes. But remember - we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information.
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1 lemon (about 2 tablespoons), juice of

1 1/2 cup shredded kale

1/4 teaspoon fine sea salt

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