Curry Lentil Soup

Ingredients

2 T Olive Oil
1 Onion (chopped)
2 Carrots (chopped)
4 clv Garlic (minced)
1 T Curry Powder
1/2 t Turmeric
1 Ginger (grated, 1-inch)
1/4 t Red Pepper Flakes
3/4 c Lentils
14 1/2 oz Diced Tomatoes
13 1/2 oz Coconut Milk
1 1/4 t Salt
1/4 t Ground Black Pepper
1/4 c Cilantro (chopped)

Instructions

1. Heat oil in a Dutch oven over medium heat. Add the chopped onion and carrots; saute until golden brown, about 7 to 8 minutes.
2. Stir in garlic, curry powder, turmeric, ginger, and red pepper flakes; cook 2 minutes more or until fragrant. Then stir in the lentils and cook for 1 minute more.
3. Add undrained tomatoes, 2 ½ cups water, and season with salt and pepper. Then stir in the coconut milk.
4. Bring the soup to a boil then reduce to maintain a simmer. Stir occasionally and cook until the lentils are soft, about 30 minutes. Season to taste with salt and pepper as needed. Add cilantro and stir well, serve immediately.