

Vegan Coconut Lentil Soup

Source: www.bonappetit.com

Prep	Cook	Total
10 min	1 hr	1 hr 10 min

Yield: Makes about 8 cups

Serving: 8

This flavorful, hearty, and warming meal come together quickly, and is made up almost exclusively of pantry staples. And will keep your immune system strong! What's not to like?



Ingredients

1 large **onion**

6 **garlic cloves**

1 **3-inch piece ginger**

2 tablespoons **virgin coconut oil**

5 teaspoons **curry powder**

$\frac{1}{2}$ teaspoon **cayenne pepper**

1 **13.5-ounce can unsweetened coconut milk**

1 cup **split red lentils**

$\frac{1}{2}$ cup **unsweetened shredded coconut**

1 teaspoon **kosher salt** *plus more*

1 **10-ounce box frozen spinach** *thawed*

1 **15-ounce can crushed tomatoes**

Plain whole-milk or non-dairy yogurt, (*for serving; optional*)

Directions

Peel 1 onion and chop. Smash 6 garlic cloves with the flat side of your knife. Peel, then finely chop. Peel 3" piece ginger with a small spoon, then finely chop.

Heat 2 Tbsp. oil in large Dutch oven over medium. Add onion and cook, stirring often, just until translucent, 6–8 minutes.

Add garlic and ginger and cook, stirring often, until garlic is starting to turn golden, about 5 minutes.

Add 5 tsp. curry powder and $\frac{1}{2}$ tsp. cayenne and cook, stirring constantly, until spices are aromatic and starting to stick to bottom of pot, about 1 minute.

Add 13.5 oz. coconut milk and stir to loosen spices, then stir in 1 cup lentils, $\frac{1}{2}$ cup shredded coconut, 2 tsp. salt, and 5 cups water.

Bring to a boil over medium-high heat, then reduce heat to medium-low to keep soup at a gentle simmer. Cook, stirring occasionally, until lentils are broken down and soup is thickened, 25–30 minutes.

Meanwhile, remove 10 oz. thawed frozen spinach from packaging and squeeze between your hands over sink to remove excess water. Transfer to cutting board and coarsely chop.

Add spinach and 15 oz. tomatoes to pot and stir to combine. Taste and season with more salt. Simmer just to let flavors meld, about 5 minutes. Taste and season again with more salt.

Ladle soup into bowls. Top with yogurt, if desired.

Nutritional Information

Amount Per Serving (8 Servings)

Calories: 290 **Protein:** 10 g **Sugar:** 4 g **Carbohydrate:** 28 g **Fat:** 18 g **Cholesterol:** 0 mg **Sodium:** 374 mg **Fiber:** 6 g