Brown Lentil & Coriander Soup

Serves 4-6 people

Ingredients

- 1.5 cups brown lentils, washed & drained
- ½ cup small diced onions/
- ¼ cup small diced carrots
- ¼ cup small diced celery
- 1 garlic clove, finely chopped
- 5 cups chicken broth
- 1 cup coconut milk
- 1 bay leaf
- 1 cup chopped fresh coriander (cilantro) leaves, roughly chopped
- 2 tbsp coconut oil
- 2 tbsp curry powder
- 1 tbsp ground coriander
- Salt & pepper to taste

Preparation

- Heat a saucepan or soup pot on medium, add coconut oil. Follow with onions, garlic, carrots & celery. Sweat for 1-2 minutes & curry powder 7 coriander.
- Cook mixture until fragrant (1-2 minutes) & add lentils combining everything well
- Add broth, coconut milk & bay leaf, bring to a gentle simmer & cook until lentils are tender (25-30 minutes) Season with Salt & pepper to taste
- Once tender, fish out bay leaf & with the help of an immersion blender, partially blend soup for a creamy chunky consistency
- Finish with cilantro leaves right before serving