

Red Lentil & Turmeric Soup

Soupe de lentilles corail au curcuma

25 min

Easy

290 kcal per serving

Lunch

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Red lentils (<i>Lentilles corail</i>)	200 g
Onion (<i>Oignon</i>)	1
Carrot (<i>Carotte</i>)	2
Turmeric (<i>Curcuma</i>)	1 tsp
Vegetable broth (<i>Bouillon de légumes</i>)	500 ml
Coconut milk (<i>Lait de coco</i>)	100 ml

Nutrition facts

PER SERVING

Calories	290
Protein	16 g
Carbohydrates	42 g
Fat	5 g
Fiber	12 g

Preparation

- 1 Rinse the red lentils under cold water until the water runs mostly clear.
- 2 Peel and finely chop the onion, then peel and dice the carrots.
- 3 Put a pot over medium heat and add the onion with a splash of water. Cook, stirring, until it softens.
- 4 Add the carrots and turmeric, then stir for 1 minute to coat everything evenly.
- 5 Add the red lentils and vegetable broth. Bring to a boil, then lower the heat and simmer until the lentils and carrots are tender.
- 6 Stir in the coconut milk and heat gently for a few more minutes. Add salt and pepper to taste.
- 7 Serve the soup hot, with a little extra water if you want a thinner texture.

GOOD TO KNOW

For a smoother soup, blend part or all of it before adding the coconut milk.