

Spicy Coconut Lentil Soup

13 ingredients · 40 minutes · 4 servings



Directions

1. Rinse the rice and lentils in a fine mesh sieve and add to a large pot along with the potato, coconut, smoked paprika, chili powder, turmeric, cumin, black pepper and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
2. Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through.
3. Add the coconut milk.
4. Using a stick blender, gently blend the soup, leaving it chunky. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size

One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers

Store in the fridge for up to 5 days. Freeze for up to 3 months.

More Veggies

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

Ingredients

1/2 cup Brown Basmati Rice (uncooked, pre-soak in water to speed up cooking)

1/2 cup Dry Lentils (uncooked, pre-soaked to speed up the cooking)

1/4 cup Unsweetened Shredded Coconut (processed finer in a food processor or coffee grinder)

1 Yellow Potato (any kind will do, chopped in to chunks)

2 tsps Smoked Paprika (or normal paprika)

1/2 tsp Chili Powder

1/4 tsp Turmeric (ground)

1 tsp Cumin (ground)

1/8 tsp Black Pepper

1 tsp Sea Salt

5 cups Water

1/4 cup Parsley (fresh, finely chopped)

1 cup Organic Coconut Milk