

Warming Lentil & Vegetable Curry Soup



Source: New Growth Wellness

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Yield: 4-5 servings

Ingredients:

- * 2 Tbsp coconut or olive oil
- * 4 cloves garlic
- * 1 yellow onion, diced
- * 4 carrots, diced
- * 3 stalks celery, diced
- * 2 tsp curry powder
- * 1 tsp cumin
- * 1/2 tsp coriander
- * 1 tsp oregano
- * 1 tsp basil
- * 1 tsp salt
- * 1 cup dry green lentils, soaked
- * 6-8 cups vegetable broth
- * 1 cup brown rice macaroni noodles
- * 2 cups fresh chopped spinach

Directions:

1. Rinse lentils & soak in water for 2 hours or overnight. This makes beans easier to digest and quicker to cook.
2. Heat oil over medium in a large pot. Add garlic, onion, carrots, celery, and spices. Sauté 5 minutes until soft & fragrant.
3. Add lentils and broth. Bring to a boil and then simmer on low for 10 minutes.
4. Add in the pasta and cook on low for another 10 minutes.
5. Turn off the burner and stir in the spinach until wilted.
6. Serve and enjoy!

