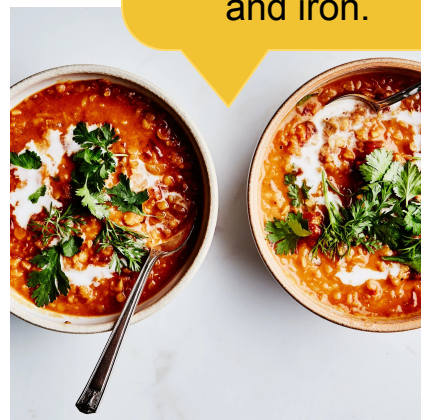


Curried Lentil, Tomato and Coconut Soup

Ingredients

- 2 tablespoons of cooking oil
- 1 onion, finely chopped
- 1 tablespoon curry powder
- 2 garlic cloves
- 2 inch piece of ginger finely chopped (or 2 teaspoons of ground ginger)
- ¾ cup of lentils, rinsed and drained
- 1 can (14.5oz) chopped tomatoes
- 1 cup of cilantro, roughly chopped
- 2 ½ cups of water
- salt and pepper
- 1 can (13.5oz) coconut milk

Nutrition Tip:
Lentils are a good source of protein, fiber and iron.



Directions

1) Pour oil into a medium pot or deep pan and warm on medium heat. Add onion and fry for 8 minutes until soft. Add curry powder, garlic and ginger and stir for another 2 minutes. Add lentils, stir thoroughly for 1 minute, then add tomatoes, cilantro, water, 1 teaspoon of salt and black pepper.

2) Pour coconut milk with other ingredients. Bring to a boil, then decrease to medium heat and simmer gently for 25 minutes. Can add more water to thin (~½ cup/4oz) as needed. Ready to eat when lentils are soft but holding shape!

Recipe from *Ottolenghi Simple* by Yotam Ottolenghi
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