

# NCFC'S RECIPE BOX COLLECTION: GOLDEN LENTIL SOUP



**NELSON**  
community food centre

# GOLDEN LENTIL SOUP

## INGREDIENTS

- 2 tbsp oil of your choice
- 1 yellow onion, finely chopped
- 2 ribs of celery, finely chopped
- 1 carrot, finely chopped
- 1 thumb of ginger, minced
- 2 cloves garlic, minced
- 2 tsp turmeric
- 1 cups of red lentils
- 1 can of coconut milk
- 3-3.5 cups of water or broth
- Salt and pepper to taste

## OPTIONAL ADD-INS

- Sweet potato in bite-sized pieces or a can of tomatoes
- Pepper or broccoli, in bite-sized pieces
- Kale, chard or spinach, torn into bite-sized pieces
- Cumin, curry powder, coriander, cinnamon or spices of your choice

## INSTRUCTIONS

- Heat oil in a large pot, over medium heat.
- When the oil is hot, add onion, celery, carrot and season with salt and pepper. Cook for 5 to 8 minutes with lid on, stirring occasionally.
- Add ginger, garlic and turmeric, as well as any additional spices you'd like. Stir, and cook for 2-3 minutes, this part will smell very good!
- Add lentils, coconut milk and water or broth. Bring heat up to medium high. This is when you'd want to add harder vegetables like sweet potato or a can of tomatoes
- When the soup reaches a roiling boil, reduce heat to medium-low. Add softer vegetables like pepper or broccoli after simmering for 15 minutes otherwise simmer lentils for 20-25 minutes. Stir occasionally, so that bottom doesn't burn, add more liquid as necessary.
- This soup is lovely over rice, or rice noodles, and topped with green onions or cilantro.