



## **Creamy Red Lentil Soup**

*- from Denise's Kitchen*

### **Ingredients:**

3 tbsp organic extra virgin coconut oil  
1 large organic onion, diced  
3 organic garlic cloves, minced  
Sea salt & black pepper to taste  
28 oz can diced organic tomatoes, undrained  
2 tsp freshly squeezed organic lemon juice  
32 oz carton organic vegetable broth  
1 1/2 cups organic red lentils  
1/2 tsp organic turmeric  
2 heaping tsp organic garam masala (Indian spice mixture found in health food stores)  
1 heaping tsp organic cumin  
2 (13.5 oz) cans of good quality organic coconut milk

### **Directions:**

In a large pot, saute the onion & garlic in coconut oil until softened. Sprinkle generously with sea salt & pepper and stir. Add tomatoes, lemon juice, broth and lentils. Add turmeric, garam masala & cumin and bring to a boil. Reduce heat & simmer 15-20 minutes until lentils are tender. Add coconut milk & blend well. Let simmer a bit longer; adjust spices to your liking. Serve with a simple salad & yummy bread. Good stuff!