

Spicy Lentil Carrot Soup

- 2 c red lentils, rinsed
- 1 T olive oil
- 1-2 onions, chopped
- 4 cloves garlic, minced
- 2 t each; turmeric and cumin seeds
- 1 t sea salt
- 1/2 t freshly ground black pepper
- 3 small red chilies, seeded and minced
- 1 28 oz can plum tomatoes, roughly chopped
- 4 carrots, peeled, quartered and sliced
- 1 T lemon juice
- 6 c soup stock
- 1 14 oz can coconut milk (optional)
- finely chopped cilantro as garnish

Heat oil in a large pot over medium heat. Add onion and cook until softened. Add garlic, seasonings and chilies, stirring for 1 minute. Add tomatoes, and bring to a boil. Add carrots, lentils, lemon juice and soup stock. Simmer for about an hour, until the carrots are cooked.

Stir in coconut milk and cook an additional 20 minutes just before serving. Sprinkle with cilantro, and serve with a green salad and toasty naan bread. Serves 6-8.

Jittery Cook