

SPICY RED LENTIL SOUP

INGREDIENTS

- 1 t** Coconut oil **OR** another healthy oil)
- 2 cloves** Garlic (large) (minced)
- 1** Onion (sweet) (diced)
- 3** Celery stalk (diced)
- 1** Bay leaf
- 1 1/4 t** Cumin
- 2 t** Chili powder
- 1/2 t** Coriander
- 1/4 - 1/2 t** Smoked sweet paprika (to taste)
- 1/8 t** Cayenne pepper (to taste)
- 14 oz** Tomatoes (diced)
- 6 C** Vegetable broth (more if necessary)
- 1 C** Lentils (red) (rinsed) (drained)
- Sea salt & pepper (to taste)
- Kale Spinach (2 handfuls of 1 of these raw vegetables)



DIRECTIONS

- 1** In a 5 qt. soup pot, sauté the onion & garlic in oil for about 5-6 minutes over medium heat
- 2** Add in the celery and sauté for a few minutes more
- 3** Stir in the bay leaf & the spices **OR** add half the spices & add more later if you prefer
- 4** Stir in the can of tomatoes (including juice), broth & lentils
- 5** Bring to a boil, reduce heat & then simmer, uncovered, 20-25 minutes **OR**, until lentils are tender and fluffy
- 6** Stir in kale or spinach & season to taste

