

Indian Curry Lentil Soup

Ingredients

- 1 tablespoon coconut oil
- 1 teaspoon cumin seeds
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- ½ teaspoon ground coriander
- ¾ cup red lentils, rinsed

- 1 medium tomato, chopped
- 4 cups vegetable broth or water
- Salt to taste
- Juice of ½ lemon
- Fresh cilantro for garnish

Instructions

1. Heat coconut oil in a pot. Add cumin seeds and let them sizzle for 30 seconds.
2. Add onion, garlic, and ginger. Cook for 3–4 minutes until soft.
3. Add turmeric, curry powder, and coriander. Stir for 1 minute.
4. Add red lentils and tomato. Stir well.

5. Pour in the broth. Bring to a boil, then simmer for 20–25 minutes until lentils are soft.

6. Season with salt and lemon juice.

7. Garnish with fresh cilantro and serve warm.

Health Benefits

- Lentils are high in protein and support stable blood sugar.
- Spices like turmeric and ginger reduce inflammation and support immunity.
- A warming, anti-inflammatory soup that promotes digestion and energy.