

Lentil Coconut Curry Soup

Ingredients:-

1 tbsp olive oil
1 onion, chopped
2 garlic cloves, minced-
1 tbsp grated ginger-
1 tbsp curry powder-
1 cup red lentils, rinsed-
1 carrot, diced-
1 can coconut milk-
4 cups vegetable broth-
Juice of 1/2 lemon-
Salt and pepper to taste

Instructions:

Heat olive oil in a large pot and sauté onion, garlic, and ginger until fragrant.

Add curry powder, stir for 1 minute

Add lentils, carrot, broth, and bring to a boil.

Reduce heat and simmer for 20 minutes

Stir in coconut milk, lemon juice, salt, and pepper

Serve hot.

Health Benefits:-

Red lentils: High in protein and fiber- Coconut milk: Provides healthy fats and flavor- Ginger and curry: Aid digestion and reduce inflammation