

# Coconut Curry Lentil Soup

Prep time: 15 mins | Cook time: 4-8 hours

Servings: 4-5 | Yields: 5 cups

## INGREDIENTS

- 1 onion, chopped
- 2 garlic cloves, minced
- 3 tsp curry powder
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 large potato, peeled and diced
- 1 can brown lentils (rinsed)
- 3 cups vegetable broth or water
- 1 can coconut milk

## METHOD

1. Combine ingredients and put into your slow cooker.
2. Cook on high for 4 hours or low for 8 hours.
3. Add in coconut milk in the last 20 minutes of cooking.
4. Blend the soup using a potato masher (optional).
5. Serve with whole grain roll or naan bread.

*\*Recipe can also be made with a large pot and a lid on the stove (see video for these instructions).*

