

Nourishing Coconut Lentil Soup

INGREDIENTS

1½ cup lentils, *rinsed*
1 quart vegetable broth
1 tsp. dried thyme
1½ tsp. turmeric
1 Tbsp. coconut oil (*or olive oil*)
1 onion, *diced*
1-2 stalks lemongrass, *finely minced*
1 tsp. sea salt
½ tsp. cardamom
½ tsp. cinnamon
Pinch fresh grated nutmeg
Pinch red pepper flakes (*optional*)
13.5 oz. can coconut milk
1 bunch greens, chopped (*chard, spinach or kale*)
3 Tbsp. lime juice
½ cup coconut flakes, *toasted*

TO MAKE

1. Combine the rinsed lentils, broth, thyme and turmeric in a large pot. Bring to a boil and reduce to a simmer for about 20 minutes.
2. While the lentils cook, heat a medium skillet and toast the coconut, stirring constantly, until lightly browned. Transfer to plate.
3. Return skillet to medium heat and add coconut oil. Sauté the onion in oil until just browned. Add the lemongrass, salt, cardamom, cinnamon, nutmeg, and red pepper flakes, stirring another minute.
4. Add the onion mixture to the lentils and stir, keeping the heat on a low simmer.
5. Add the coconut milk and greens and simmer another 5 minutes, stirring occasionally until just wilted. Adjust salt as needed. Finish with the lime juice and serve warm with toasted coconut flakes on top.