

Indian Lentil Cauliflower Soup

1 Tbsp. Coconut Oil
1 yellow onion , diced
1 Large garlic clove – minced
1 tsp. peeled, minced, fresh ginger
2 ½ - 3 tsp. Patak' X mild curry paste
1.5 tsp. ground coriander
1 tsp. ground cumin
4 cups vegetable broth (McKay's Chicken Seasoning Broth)
1 Cup uncooked red lentils, rinsed and drained
1 Med cauliflower, chopped into bite size pieces
1 med. Japanese sweet potato peeled and diced
3 large handfuls of baby spinach
1 can full fat coconut milk (For a lower fat soup, use the low fat coconut milk)
¾ tsp. salt
Pepper - (Optional)
Fresh Cilantro – (Optional)

Preparation: In a large saucepan, heat the oil over medium heat. Add onions and garlic, cook 5 min. Stir in the ginger, curry, coriander and cumin. Add the lentils and the broth, boil on low for 50 min. Stir in the cauliflower and sweet potato, cover and reduce heat, simmer for 15- 20 min. or longer, as desired. The last 5 minutes add the spinach. Add Coconut milk. Add salt and additional seasoning as desired. Serve.