

Glowing Spiced Lentil Soup

Vegan, gluten-free, grain-free, nut-free, refined sugar-free, soy-free

By Angela Liddon

This soup is so quick and easy because there aren't many vegetables to chop (just garlic and onion—that's it!) and it relies mostly on pantry staples. It takes 15 minutes prep time (that includes getting the ingredients out), and then it's hands off while it cooks. Talk about easy! While this soup contains a lot of spices, it's not what I would call "spicy" or "hot". If you do want a kick of heat feel free to add some cayenne pepper or red pepper flakes. Also, feel free to change up the baby spinach for other greens like stemmed kale or chard. This soup is inspired by Whole Foods.

Yield
about 7 cups (1.65 litres)

Prep Time
15 Minutes

Cook time
20 Minutes

Ingredients:

- 1 1/2 tablespoons extra-virgin olive oil
- 2 cups (500 mL) diced onion (1 medium/large)
- 2 large garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cardamom
- 1 (15-ounce/398 mL) can diced tomatoes, with juices
- 1 (15-ounce/398 mL) can full-fat coconut milk*
- 3/4 cup (140 grams) uncooked red lentils, rinsed and drained
- 3 1/2 cups (875 mL) low-sodium vegetable broth
- 1/2 teaspoon fine sea salt, or to taste
- Freshly ground black pepper, to taste
- 1 (5-ounce/140-gram) package baby spinach
- 2 teaspoons fresh lime juice, or more to taste

Directions:

1. In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens.
2. Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant.
3. Add the diced tomatoes (with juices), entire can of coconut milk, red lentils, broth, salt, and plenty of pepper. Stir to combine. Increase heat to high and bring to a low boil.
4. Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender.
5. Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired. Ladle into bowls and serve with toasted bread and lime wedges.

Tips:

* I tried a version using light canned coconut milk and one using full-fat canned coconut milk, and I