

### **Curried Coconut Lentil Soup**

- Heat 2 tablespoons (30 mL) neutral oil or 2 tablespoons (28 g) butter in a large pot over medium heat. Add 2 minced cloves garlic and the contents of the spice bag; sauté for 2 – 3 minutes, until fragrant.
- Rinse the lentils in a sieve under cool, running water. Add lentils, coconut milk powder, bay leaves and 5 cups (1.25 L) water or chicken broth to pot; bring to a boil then simmer until lentils are soft, about 45 minutes.
- Remove bay leaves and season soup with salt and pepper to taste. If the soup is too thick for your liking, add water, a few tablespoons at a time, to thin it. Garnish with cilantro and a wedge of lime, if desired.
- You can vary the recipe by adding up to 1 cup of chopped fresh spinach or shredded cooked chicken.

Serves 4.