

Red Lentil Coconut Soup



Makes:

10 servings

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover

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Recipe:

Contributed By:

Isis Israel
Authorized Saladmaster® Dealer
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1 onion, strung, use Cone #2
1 red bell pepper, diced into 1/2-inch cubes
1 fresh jalapeno or serrano chili, finely chopped, including seeds

Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place well rinsed (do not dry) onions, bell peppers and jalapeno into pan and turn to low heat. Cook for 5 - 7 minutes, stirring occasionally, until the vegetables have softened and start to take on color.
2. Add ginger, garlic, curry, cinnamon, salt and tomato paste. Stir and continue to cook for 2 - 3 minutes, stirring occasionally, until the mixture is toasty and fragrant.
3. Add lentils, water with bouillon cubes, coconut milk and chickpeas. Place heat on medium and cover. When Vapo-Valve™ clicks, lower heat to low and simmer for 20 - 25 minutes.
4. While soup is cooking, toward the end of the 20 - 25 minutes, add the lime juice. Taste and adjust with more salt or more lime juice if desired.
5. Serve the soup topped with a sprinkling of fresh cilantro and some extra limes on the side.

Tips:

- Soup may also be made in the 5 Qt. Roaster.

Nutritional Information per

▼ Serving

Calories: 306
Total Fat: 11g
Saturated Fat: 8g
Cholesterol: 0mg

Sodium:	1121mg
Total	41g
Carbs:	
Dietary Fiber:	15g
Sugar:	5g
Protein:	15g
