

Vicki's Coconut Curried Lentil Soup

1 tablespoon unrefined, organic coconut oil
1 diced yellow onion
3 cloves garlic, minced
1 teaspoon sea salt
2 cups red lentils
2 cans coconut milk (Don't use "lite"...It is just not as good!)
4 cups water (Start with 3...enough to cover all ingredients)
1 cup diced carrot
1 cup diced celery
2 cups diced sweet potato
1 tablespoon minced fresh ginger
1 to 2 tablespoons curry powder
1/2 teaspoon cayenne
1/2 teaspoon fresh ground black pepper

1. Saute onion in the coconut oil over medium heat for 2 minutes. Add the garlic and sea salt, stir and cook for one minute more.
2. Add the lentils, coconut milk, water and remaining ingredients. Cover and bring to a boil.
3. Stir well, reduce heat to a simmer, cover and cook for 30 to 45 minutes more until the lentils are cooked through and creamy. Add more salt and pepper to taste. Add more water if you want a thinner consistency.

Enjoy!