

# Lentil Coconut Soup | No-Oil

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 1 hour

## Step 1: Preparing Your Mise en Place

- 1 white onion
- 1 - 2 inch piece ginger (2 tbsp minced)
- 1/2 red serrano pepper, or to taste
- 1 tbsp coriander seed\*
- 4 tsp whole cumin seeds\*
- 1 1/2 cups red lentils
- 4 cups low-sodium vegetable stock
- 1 (14 oz) can coconut milk, lite or other unsweetened plant milk
- 1 1/2 tsp freshly ground black pepper

To prepare your mise en place, dice the onions and mince the ginger and serrano pepper. This soup really does benefit from a bit of heat, but the amount you add is ultimately up to you.

Next, gather the rest of the ingredients.

\*Note: If you do not like whole spices, you can use ground cumin and/or coriander, but keep in mind that you will end up with slightly different results.

## Step 2: Cooking & Finishing the Soup

- 1/4 cup low-sodium vegetable stock
- 2 fresh lemons (2 tbsp zest + 5 tbsp lemon juice)
- 1/2 bunch fresh cilantro
- 1/2 ripe avocado (optional) as garnish
- flaked sea salt, to taste

To cook the soup, heat a large heavy-bottomed pot over medium heat. Dry-toast the coriander and cumin for approximately 1-2 minutes, or until they just start to smoke and release their aroma.

Next, add the onions and serrano pepper and continue dry sauté until the onions begin to stick, ensuring that the spices do not burn. Add 1/4 cup vegetable stock to deglaze the pan and caramelize the onions until translucent and starting to brown.

Next, add the ginger, lentils, stock, coconut or other plant-based milk, and pepper. Bring to a simmer, turn the heat to low, cover and let cook for 40 minutes or until the lentils are totally soft and broken down. Stir occasionally to ensure the lentils are not sticking to the bottom of the pot. If needed, add more water or stock until you reach your desired consistency.

Meanwhile, zest and juice the lemons. Chop the cilantro and set aside.

To finish the soup, remove the soup from heat and add the lemon juice, lemon zest, and cilantro. Serve into warmed bowls and top with diced avocado and more cilantro and/or chili flakes, if desired. Season each bowl with the desired amount of finishing flaked sea salt.