

Curried Lentil Soup

Swick

Makes 3 servings | Active Time: 30 minutes | Total Time: 35 minutes

Chef's Notes

Suggested adult serving: 3 cups

Store any leftover soup in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Lentils: Feel free to use dry green lentils instead.

Corn: You can also use fresh corn. One ear yields about ½ cup kernels.

Step 1: Make the Soup

- 3 cups low-sodium vegetable broth
 - 1 1/2 cups dry brown lentils rinsed & drained (see tip)
 - 3 carrots, chopped (≈1 1/2 cups)
 - 3/4 yellow onion, chopped (≈3/4 cup)
 - 2 1/4 teaspoons mild curry powder
 - 3/4 teaspoon dried thyme
 - 1/3 teaspoon crushed red pepper flakes
 - 7 1/2 oz frozen corn (see tip) (≈1 1/2 cups)
 - 3 oz kale, stemmed & thinly sliced (≈3 cups)
 - 3/4 teaspoon lemon zest
 - sea salt
 - freshly ground black pepper
 - 3/4 lemon cut into wedges
- MAKE SOUP**
- In a stockpot over high heat, combine vegetable broth, lentils, carrots, onions, curry powder, thyme, pepper flakes, and 3 cups water. Bring to a boil.
- Reduce heat to low and simmer, covered, until lentils are nearly tender, 15 minutes.
- Stir in corn, kale, and lemon zest; cook until corn and kale are tender, 3 to 5 minutes. Season with salt and pepper to taste.
- Serve with lemon wedges.