



Spicy Coconut Lentil Soup

Prep Time: 30 minutes (start to finish)

Yield: 4 servings

Ingredients

1 tablespoon coconut oil
1 cup slice baby portabella mushrooms
½ cup chopped onion
1 red bell pepper, seeded + thinly sliced
1 cup grated carrots
2 tablespoons grated ginger
1 teaspoon crushed red pepper
2 cups cooked green lentils
1- 13.5 ounce unsweetened light canned coconut milk
2 tablespoons coconut aminos
2 cups baby spinach
3 tablespoons fresh lime juice
fresh cilantro, for garnish

Preparation

1. In a 4-6 quart pot heat oil over medium heat. Add mushrooms, onion, bell pepper, carrots, ginger and red pepper. Cook 5 minutes until veggies are tender.
2. Add lentils, coconut milk, aminos and baby spinach. Simmer until spinach is wilted.
3. Remove from heat and add lime juice and fresh cilantro

Nutrition Facts per serving: 500 calories/40g carbs, 20g protein, 20g fat, 5 g fiber

Recipe provided by Chef Teresa Hansen www.chefhansen.com