



GOLDEN LENTIL CURRY DRY SOUP MIX

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10

minutes

PREP TIME

25

minutes

COOK TIME

- 1 cup red lentils
- 1/2 cup green split peas
- 2 tablespoons dried minced onion
- 2 tablespoons coconut milk powder
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Optional but recommended:

- 1 shallot, diced
- 1 - 14.5 ounce can diced tomatoes, no salt added
- 2 cups vegetables of your choice (carrots, corn, etc.)
- 4 cups low-sodium broth or bone broth

DIRECTIONS

1. **Optional but recommended:** Rinse lentils and split peas with water in a colander. Set aside. Saute shallot in 1 tablespoon oil in a large pot over high heat for 3 minutes. Add in diced tomatoes and vegetables, if using.
2. Add all dry soup mix ingredients and broth to the same pot.
3. Bring the mixture to a boil over high heat. Then, lower the heat to medium low and simmer uncovered for 20 minutes, stirring occasionally, until lentils and split peas are tender.
4. Serve with naan bread and cilantro on top. It's also delicious with a swirl of plain Greek yogurt or coconut cream on top.
5. Store any leftovers in the fridge in an airtight container for up to 4 days or freeze for up to 4 months.