

Curry Lentil Soup



Immerse yourself in an aromatic blend of exotic flavors, where lentils and spices come together harmoniously. Easy to prepare, indulge in this nourishing and flavorful soup that will satisfy your taste buds!

Preparation 5 min

Cooking 40 min

Servings 3-4

Nutrition Facts (per serving)

Calories 335

Fat 4

Carbohydrates 57

Fibre 11

Protein 19

Sodium 35

Ingredients

- 125 ml (½ cup) dry red lentils
- 125 ml (½ cup) split yellow peas
- 60 ml (¼ cup) converted brown rice
- 30 ml (2 tbsp) coconut milk powder
- 30 ml (2 tbsp) dried onion flakes
- 15 ml (1 tbsp) dried parsley

- 10 ml (2 tsp) garlic powder
- 3 ml (½ tsp) black pepper

Preparation

1. In a 500 ml (2 cup) canning jar, layer all the ingredients, one after the other, to create distinct layers.
2. In a large pot, combine the contents of the jar with 2 liters (8 cups) of water and vegetables (fresh or frozen), if desired.
3. Bring to a boil. Cover and simmer for about 40 minutes or until the legumes and grains are tender. Adjust the seasoning. The next day, add broth as needed if the soup is too thick.



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